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plus:
HOW THIS
AGE-GROUPER
PUNCHED HIS TICKET

Your game plan
to get there
PAGE 83



4

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MAY '15

features

71

"I'M IN THE SHAPE OF MY LIFE."

We profile two age-group triathletes who, in their mid-40s, say triathlon has helped them achieve better-than-ever bodies. Learn from their eating and training habits to reap the holistic fitness benefits—at any age—that are unique to multisport.

BY JULIA BEESON POLLORENO



77

EAT TO THRIVE

The twin sister creators of the popular Athlete Food blog share their advice—and favorite foods—for balanced eating that will help you achieve total fitness.

BY LAUREL AND REBECCA WASSNER

83

KONA CALLING

Trying to earn your spot at the Ironman World Championship? We give you a strategy to get there; plus, how our age-grouper cover model Travis McKenzie punched his ticket.

BY RAYMOND BRITT AND THE EDITORS

JOHN DAVID BECKER



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—Craig Alexander, 5x World Champion

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MAY '15 CONTENTS



94

Four ways
to use
almonds



52

The one-
hour test

8 Editor's Note
12 Letters
14 First Wave

17 CHECK IN

Dream training destinations, small nutritional changes that make a big difference, how to plan your race mornings, tips if you're considering a tri-inspired tattoo, exercises to prevent runner's knee, tools for creating an athlete-friendly office space, ROKA's new goggles, pro triathlete Meredith Kessler's gear essentials, and more.

34 Tour Guide
Bend, Ore.

36 PROFILE
Paula Findlay

38 Beginner's Luck
Owning it

42 Triathlife
What's my end game?

49 SWIM/BIKE/RUN

Swim

Coach Sara answers your questions, a one-hour swim challenge, six steps to a better streamline, and a new tool to target core strength in the water.

Bike

Four ways to break out of a riding rut and boost performance, Kona runner-up Ben Hoffman's pre-ride checklist, kit of the month, and how to choose the ideal bike course for you.

Run

How to work kettlebell training into your routine, a power meter for the run, why a run/walk method might be for you, four purposeful treadmill workouts, and an app to match your music to your run session.



56

93 FUEL

Get a workout-friendly coffee fix, four new ways to enjoy almonds, fresh produce to spring clean your diet, how to nutritionally prepare for a race in a different climate, and our dish of the month from a triathlete-restaurateur.

104 Podium
This month's most talked-about topics in multisport



62

on the cover

Travis McKenzie was photographed in Kailua-Kona, Hawaii, by John David Becker.



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BEN HOFFMAN'S RACE WEEK BIKE WORKOUT

The 2014 Kona runner-up shares the bike workout he uses in the week leading up to a half-Ironman. Find Hoffman's quick pre-ride checklist on page 58.

[Triathlete.com/
bensbikeworkout](http://Triathlete.com/bensbikeworkout)



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WILDFLOWER IN PHOTOS



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Don't forget to enter to win the Felt IA 2 featured on the cover of the 2015 Triathlete Buyer's Guide, valued at \$10,000. Contest closes June 1, 2015.

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PRO NUTRITION secrets

Top pro triathletes share their "ah-ha!" moments.

[Triathlete.com/
pronutritionsecrets](http://Triathlete.com/pronutritionsecrets)



DEAR COACH

Are you looking for answers to your swim/bike/run questions? Check out "Dear Coach" archives for advice from the sport's top coaches. Triathlete.com/dearcoach

The Wildflower Long Course Triathlon, set for May 2, is considered "The Woodstock of Triathlon" thanks to its festival atmosphere. Look back on images of the challenging, iconic race.
[Triathlete.com/
wildflowerphotos](http://Triathlete.com/wildflowerphotos)



COMMAND THE WIND

The core of Felt's success is a drive to continually improve on past results, empowering our riders to go beyond. Pioneering aerodynamic development, plus triathlon-specific fit and design, makes the IA command the wind and break the limits of triathlon racing machines.

#never settle



GO FIGURE

THIS MONTH'S COVER ATHLETE, AGE-GROUPER TRAVIS MCKENZIE, is the embodiment of the ideals and ethos of this sport. If you work hard enough for something you want, say, a Kona qualifying spot, you can seize it. If you want to really change your health, your body and your life, this sport can be a powerful vehicle for that change. If you train and race with a positive and appreciative mindset, you are going to be a happier person and a better athlete.

Travis personifies all these precepts, and it's a cruel irony

that he's lying in a hospital bed as we're sending this issue off to press. There is a vicious disconnect between the cover image in which he stands so invincibly and as a vibrant example of the "best shape of your life" and a body now in great need of healing. Just a few days before we put the final touches on this issue, Travis was struck by a car during a training ride for Ironman Texas, where he was hoping to qualify once again for Kona. One of his training partners outlined the injuries to me—bruised lungs, a broken shoulder, three fractured vertebrae, a dislocated hip—and said he is very lucky to have survived the head-on collision (at press time it's not known if the accident was due to driver or rider fault).

His road to recovery began with a successful seven-hour surgery to repair his spine and shoulder. Travis' Ironman goal is to finish under nine hours, and his training partners told him that he'd completed a

different type of Ironman in a far faster time. In fact, the doctors said his surgery went so well because of his high level of fitness from his months of Ironman prep.

Despite lying in a hospital bed in what looked like a head-to-toe brace, Travis, with eyes closed, flashed a "shaka" sign in a recent Instagram photo. It was a reassuring sign that his body might be a bit broken, but his irrepressible spirit—evident within the first few minutes of our interview for this issue—seems firmly intact.

The human body is a miraculous machine—the potential to adapt, rebuild, fortify and heal allows each of us to constantly redefine ourselves and push performance limits to rewrite our own potential. I'm going to make an effort to appreciate that ability more often, and not just in the moments I demand something of it on an athletic stage.

Happy—and safe—training!

Julia Beeson Pollreno, Editor-in-Chief
[@JuliaPollreno](https://www.instagram.com/JuliaPollreno)

TRIDOLATRY

current obsessions



MARC PRO PLUS

The Pro Plus is a step up from the basic muscle stimulator device, and offers additional modes for pain control. I hook up the four patches to overworked muscle groups and notice a much shorter rebound window after long runs. It's also conveniently portable. \$950, Marcpro.com



WILDFLOWER

Early May marks one of my all-time favorite races: The 33rd edition of "the Woodstock of triathlon" in Central California wine country (bonus!) happens May 1–3. And this year you can take on WF², a half-iron-distance race on Saturday, followed by the Olympic race the next. Jesse Thomas and Heather Jackson will both be back to defend their long-course titles. Tricalifornia.com



TEMPLE

TURMERIC

After reading about the powerful anti-inflammatory benefits of turmeric, I picked up one of these organic, raw turmeric-based elixirs for post-workout and have been hooked on the pineapple flavor with cardamom, spearmint and ginger. Find it at your local Whole Foods or at Templeturmeric.com.

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What's the most unconventional thing you've used as fuel?

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Chocolate-covered espresso beans—I like the kick in the pants from the caffeine and the sugar.

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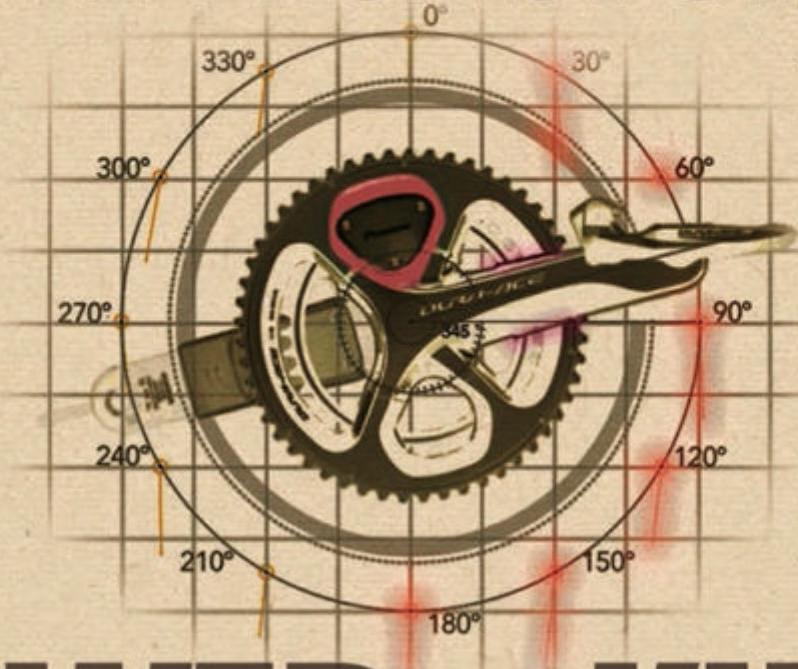
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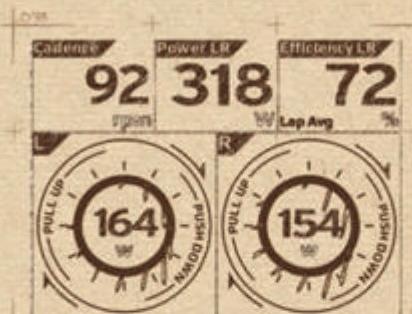


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letters

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”



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SHOP TALK

I just read your *Buyer's Guide*, and wanted to point out a few corrections needed on your summary of the Felt IA.

First, while this bike is quite aerodynamic, mechanically speaking, it is much easier to work on than other bikes in its class, i.e. Cervelo's P5, Trek's Speed Concept (especially the first generation) or the BMC TM01. I think this is one of the few companies who really spent a lot of time working with both the R&D/engineering department as well as the mechanic's side of things (most notably the way the cables are run, and the simplicity of the brake calipers). Last year's first generation was quite well thought out in this aspect; usually corrections/improvements take a year or two to be recognized and made.

Secondly, the basebar *is* fixed, just as any other, but it comes with various heights of spacers to go between it and the frame if you'd like to raise it. It also comes with a plethora of spacers, in 5mm increments, to raise the aerobars, separate from the basebar. It also comes with two different width mounts, used to space the aerobars farther apart from each other or closer together. Using those in conjunction with the two sets of bolt mounts on the aerobar clamps, and the six bolt holes in the armrests themselves, you can hit just about any adjustment needed for positioning. Sorry for picking bones, I just don't want anyone to miss out on this great bike due to misinformation.

—ALEX MORSE, SERVICE MANAGER, TRI360, ARLINGTON, VA.

Thanks for the note, Alex. We asked our tech contributor, Aaron Hersh, to weigh in:

Alex, you are right that there are comparable bikes that are much more

mechanically complex, but this bike sacrifices a bit of mechanical simplicity in favor of integration to increase aero performance. The integrated brakes are more difficult to position laterally than a standard external caliper, and a cover must be removed to perform any maintenance. Compared to the Specialized Shiv and the Cannondale Slice Black, for example, this is a simplicity sacrifice. Cable routing through the bar is also more complex than on those bikes.

Spacers can be used to raise the basebar—you're correct that it is only fixed in the horizontal dimension. The aerobars are quite adjustable as you mention, but that has become fairly standard among quality triathlon bikes. The reduced range of fit for the basebar, although not fully fixed, limits the bike's overall adjustability compared to the most adjustable on the spectrum. While the aero position is very customizable thanks to the bar, the brake grip position is moderately limited. Again, this bike is among the very best, so we are comparing it to other top performers. —Editor

THINKING THRIFTY

In his recent letter to the editor [April 2015 issue], Ramon Cevallos wrote about his utter disgust with the suggestion of finding a bike second-hand. He epitomizes everything about why I, personally, steer entirely clear of the classic “local bike shop” snobbery. When I began triathlon eight years ago, I walked out of my LBS in disgust and opted for an “online bike.” Three years later, I built up my new triathlon bike by sourcing both new and secondhand parts online. My tri bike cost me about \$1,600 to build, but it's been priced by my homeowners insurance at nearly \$3,500. Ramon's letter clearly has one thing in mind—making a sale. By the way, Ramon, I support the local bike guy, too; I found a shop that does not do retail—they only service bikes. I advise readers to save their money and put it toward race entry fees.

—SCOTT LOGUE, MEDFORD, ORE.

ERRATUM

In our 2015 *Triathlete Buyer's Guide* special issue, we incorrectly stated that the Guru CR.401 Ultegra bike can be built according to a rider's custom specifications; however, it is only available in FFA stock geometry.

We want to hear from you! Send your letters to TriLetters@competitorgroup.com. Please include your name and city. Letters may be edited for length and clarity.



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New Zealand's Terenzo Bozzone celebrated a \$65,000 day and his victory at the inaugural half-iron Challenge Dubai. Bozzone and female winner Daniela Ryf are now in contention for the \$1 million prize purse, awarded to anyone who wins all three races in Challenge's Triple Crown Series. The remaining races will take place in Oman and Bahrain later this year.

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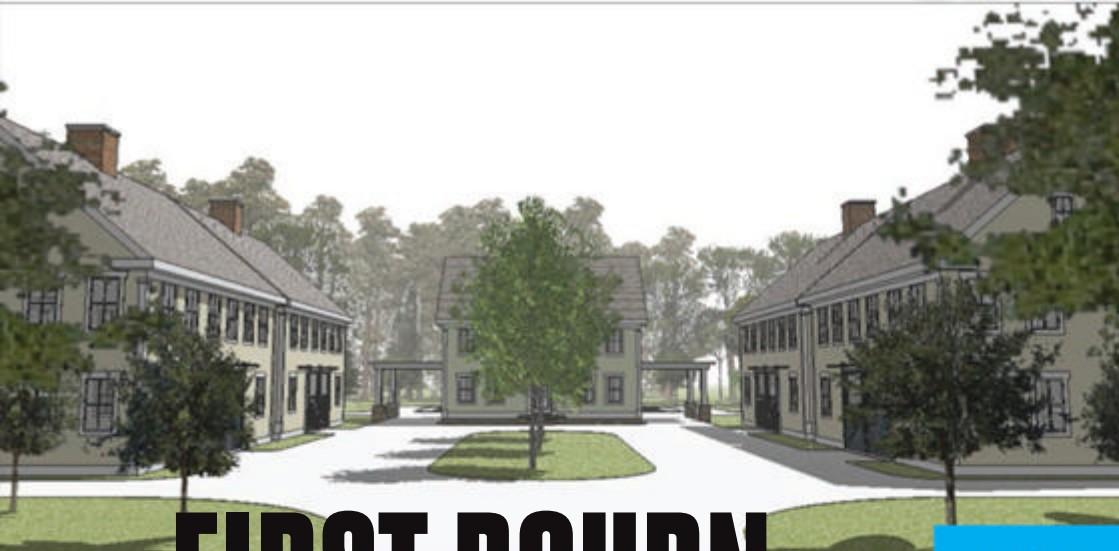
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TRIBE / PRO PANEL / GEAR UP / TRAIN SMART / TRIATHLIFE



Veteran pro Cam Brown celebrates with his home crowd in Taupo as he crosses the finish line for the 11th time as the Ironman New Zealand champion. He also extended his record as the oldest man to win an Ironman (at the age of 42), a record he originally set last year with his Ironman Cairns victory. Brown clocked the second-fastest bike split and fastest marathon (2:49) to regain the title ahead of fellow Kiwi Terenzo Bozzone.

PHOTOGRAPH BY DELLY CARR



FIRST BOURN

PICTURE THIS: You cruise along Asheville's iconic Blue Ridge Parkway with a pack of training buddies on perfectly tuned bikes, fully supported by a sag wagon and looking forward to local brews and made-to-order meals around the campfire post-ride.

You finish up a high-altitude run on Boulder's lung- and leg-busting Switzerland Trail, then shoot the breeze with Crowie as you lounge in NormaTec boots in the resort's recovery room.

You polish off a powerful espresso and a home-baked, gluten-free pumpkin chia muffin, the Tucson sun warming your back as you saddle up to tackle Mount Lemmon's 9,157 feet (again, sag wagon included).

Halfway through a swim session you pause to soak in the sunrise view of the peaks surrounding Bend; later, you and your lane partner cruise into town on Vespas in search of a bountiful brunch, then return home for an afternoon run followed by a massage. Forgot your

goggles or run hydration belt? No sweat. Just pick up what you need at the on-site pro shop and be on your way.

Each scenario is not only possible, but also probable at any one of First Bourn's planned destination training resort villages (Firstbourn.com), slated to open in late 2015. Asheville, N.C., will lead the charge with the first of these unique high-end training communities, with Boulder, Colo.; Tucson, Ariz.; Bend, Ore., and others to follow. Ideally situated for a blend of relaxing privacy yet proximity to nearby restaurants and towns, with immediate access to many of the best riding and running routes imaginable, First Bourn promises luxe accommodation at an affordable price, customized and catered specifically to endurance athletes. And under the expert guidance of chief experience architect Craig "Crowie" Alexander and a number of other resident athletes, the amenities are sure to be exactly what any triathlete would want or need. —HOLLY BENNETT

SOME OF THE VIP FEATURES AT FIRST BOURN

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Recovery centers with NormaTec boots

Sauna/steam and massage rooms

Mini Cooper cars and Vespa scooters available for check-out

A focus on eco-friendly practices

A pet-friendly policy and yes, (potentially) even house dogs

5:08

Minutes-per-mile pace of Gwen Jorgensen's 5K off the bike at the ITU World Triathlon Series opener in Abu Dhabi. Next to her 15:57, the next fastest run time was Chile's Barbara Riveros' 16:43. "I've had some good run sessions, but I did not expect to run that well," Jorgensen said after her victory.

QUOTED

"Given the success of [the 20-meter drafting rule] and how much the professional athletes support it, I would like to think that race organizations take it upon themselves to implement it. ... I'd like to see it in all non-draft events globally. ... For sure in major championship races and races hosting large prize purses, I would welcome it being the standard."

—Challenge Bahrain champion Helle Frederiksen's take on the 20-meter drafting rule introduced at the inaugural Challenge Bahrain and Challenge Dubai races. The rule will be used at the other two Triple Crown races in 2015, with the hopes of ensuring the fairest race possible (the current Ironman draft zone is 12 meters).

NEWBIE TIP

RUN WITH YOUR ARMS

A good pace isn't solely determined by leg movement. By increasing your arm swing, your stride will become more fluid and natural. Relax your hands, keep your shoulders down and push your elbows behind you with each stride.



FOR THE WIND AND THE WIN

Photo: ©Niis Nilsen



Harrowing crosswinds across endless fields of lava. It was the kind of day that makes you think twice about your equipment choices. That is, of course, unless you are on ZIPP Firecrest® and Firestrike™ wheels. Aero and stable, they were chosen by Ironman® World Champions Sebastian Kienle and Mirinda Carfrae along with over 900 other Ironman athletes for this special day. The number one wheel in Kona. Year after year.

ZIPP

► "Eating five meals a day including carbs, protein and healthy fats."
—@neddygurl

► "I stopped adding sugar to my daily 6–8 cups o' joe. Eliminated 'crash' I was consistently feeling each mid- to late afternoon."
—@LandMJ

► "Eliminating artificial sweetener has significantly improved energy balance."
—@Scottahiller

► "1) Water first thing in the morning 2) Fat, protein, carbs and fiber in every meal, every 3–4 hrs 3) Avoid high processed 'food.'" —@inaki_delaparra

► "Hands down: more water, less sugar."
—@Runner_Mama

► "Minimum one gallon of water a day!" —Joe S.

► "Cut out bread and drink fresh beetroot juice."
—Abe J.

► "Raw almonds as snack of choice."
—Duane O.

► "Eat one banana one hour before a swimming workout."
—Vincente B.

► "Increasing my intake of good fats ... avocados and almonds mostly."
—Jonathan Y.

► "Red wine instead of scotch."
—Greg K.

► "It's not about counting calories; it's about the quality and balance of those calories."
—Carlos S.

WHAT SMALL NUTRITIONAL CHANGE has made a big difference in your performance?





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HOKA ONE ONE

dear coach
WITH TONY ZAMORA



Q

DO I REALLY NEED A RACE MORNING PLAN AND, IF SO, WHAT SHOULD IT INCLUDE?

A: You've spent months focused on your big event—do you really want to waste mental energy stressing about logistics the day of your race? Of course not! That's why having a pre-race plan is a must.

About a week before your event, write down your race morning plan. Start from the time the gun goes off and work your way backward until the night before. Be sure to include absolutely everything that will happen during those last 12–24 hours leading up to the start. This includes your food intake, hydration, sleeping, bathroom visits, packing your bags and setting up your transition to your pre-race warm-up.

Once you write down your plan, go over it at least a handful of times. Not only does this help to ensure you didn't miss anything, but it also helps you memorize the timeline. This way, come the day of the race, you'll know—to the minute—where and what you should be doing!

Having a detailed plan will minimize last-minute stress, allowing you to focus on your race.

SAMPLE RACE MORNING PLAN

- 4:45–5:00 a.m.** Wake up and have breakfast [detail your breakfast here]
- 5:00–5:30 a.m.** Travel to race site
- 5:30–5:45 a.m.** Foam rolling/stretching
- 5:45–6:00 a.m.** Set up transition area
- 6:15–6:30 a.m.** Visit Porta-Potty, put on wetsuit
- 6:30 a.m.** Get in water and begin warm-up
- 6:45–6:50 a.m.** Finish warm-up, stand by beach, stretching
- 7:00 a.m.** Race start!

INKED

Considering a triathlon-themed tattoo? Choose wisely.

Whether commemorating a Kona finish or simply declaring a love of the sport, multisport-themed tattoos have become a rite of passage for many triathletes. Thinking about getting inked? Tattoo artist Jeremy Garrett of Nyartman.com offers these tips:

DESIGN

You loved McDonald's 10 years ago, but did you get the golden arches tattooed on your calf? Because brands change (and tattoos don't), Garrett suggests staying away from logos and names. Instead, find a custom tattoo artist who can incorporate elements of multisport into a personal and meaningful piece of body art.

LOCATION

Though tattoos are no longer the mark of sailors and convicts, they're still frowned upon in many professional settings. A tattoo on arms and legs could alter the way you have to dress for a job—do you want to wear long sleeves or pants every day?

ARTIST

Finding a licensed tattoo artist is important, but it's only a first step, says Garrett: "A license means they are at least knowledgeable about bloodborne pathogens and how not to spread them. They have been taught how to keep sanitary working conditions and how to avoid cross-contamination. It doesn't necessarily mean they're a good artist." Most artists will have a portfolio of their work online. Expect to see at least 10 large, clear examples of their work and look for consistency. Art is subjective, so find an artist whose work speaks to you.

SELF-CARE

Aftercare instructions are not a suggestion—they're mandatory. Sun exposure and water submersion can damage a new tattoo, so set up the bike trainer indoors and stay out of the pool for at least a week. —SUSAN LACKE



Tony Zamora is a USAT-certified coach who coaches athletes throughout the world as head coach of TZCoaching, based in northern Los Angeles.



Timothy O'Donnell
Professional Triathlete

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THE FINISH LINE
AT KONA
SO MANY TIMES.

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MED TENT

RUNNER'S KNEE

Building up your quads makes your knees more stable and less susceptible to injury. **BY JORDAN D. METZL**

PATELLOFEMORAL KNEE pain (aka “runner’s knee,” thanks to how prevalent it is among runners) is characterized by pain beneath the kneecap that’s worst after you finish an activity. It’s especially sore going up or down stairs, tends not to swell, and typically becomes most aggravated after about an hour of running, when your quads start to tire.

The patella (kneecap) has to withstand tremendous amounts of force, and the direction in which the patella moves is directly related to the forces that come from the quads.

Pain can come from several causes. One is an injury to the cartilage under the patella. Poor running or biking mechanics resulting from weak or tight muscles can contribute. Poorly conditioned glutes, core muscles, hips

and quads can lead to pelvic instability, which can affect the knees. I see this condition in more women than men because of what is called the Q angle or the knock-knee angle, which is caused by their wider hips and can result in overpronation (when the foot falls inward).

FIX IT

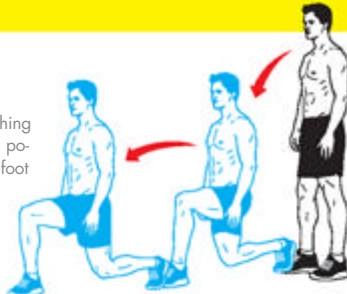
Employ dynamic rest. As you work to rehab the injury, stay fit with vigorous upper-body work, plus pool running and/or biking if you can do so without knee pain. Meanwhile ...

Strengthen your knees, quads and hips. Weak or inflexible quads are a particular source of knee pain, but upping your strength and flexibility throughout these three areas will help both ease the pain and improve your form once

TRAINING TIP If you shorten your stride and raise your footstrike rate, you’ll take a lot of stress off your knees. Count the number of footstrikes of either the left or right foot over 1 minute as you run. A good number is 85 to 90 footstrikes per minute on one foot.

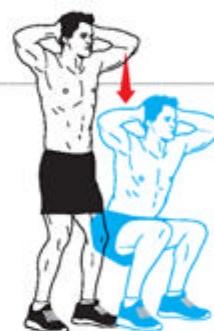
WALKING LUNGE (dumbbells optional)

Perform a lunge, but instead of pushing your body backward to the starting position, rise up and bring your back foot forward so that you move forward (as though you’re walking) a step with every rep. Alternate the leg you step forward with each time. When you complete the prescribed number of repetitions, perform backward walking lunges to return to your starting point.



QUADRICEPS-AND-HIP-FLEXORS ROLL

Lie facedown on the floor with a foam roller positioned above your left knee. Cross your right leg over your left ankle and place your elbows on the floor for support. Roll your body backward until the roller reaches the top of your left thigh. Then roll back and forth. Repeat with the roller under your right thigh. (If that’s too hard, perform the movement with both thighs on the roller.)



PRISONER SQUAT

Stand as tall as you can with your feet spread shoulder-width apart. Place your fingers on the back of your head (as if you have just been arrested). Pull your elbows and shoulders back, and stick out your chest. Lower your body as far as you can by pushing your hips back and bending your knees. Pause, then slowly push yourself back to the starting position.

you return to your normal training. Plyometric lower-body exercises can help with strength and flexibility, so add multidirectional lunges, planks, skater plyos, squats and squat jumps to your workout.

Work on body mechanics.

Poor running form can bring on this condition. A good way to see what your form looks like is to have a friend record you running toward a video camera or camera phone. You may see things you never realized you were doing. Do your knees fall inward? Do your feet roll inward or outward?

Increasing your strength and flexibility can help your mechanics, but you may have to concentrate on proper form or seek out a coach to help you retrain yourself.

PREVENT IT

Runner’s knee is only sometimes caused by a literal knee problem. More likely, muscle imbalances, tightness, or bad conditioning in the quads and hips is the issue. The stretches and exercises above all target your quads and hips and can be added to any workout.



New York City sports medicine specialist Jordan D. Metzl, M.D. is a 29-time marathon finisher and 10-time Ironman. His book, *The Athlete's Book of Home Remedies*, has more than 1,000 tips to fix all types of injuries and medical conditions.



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A STAND-UP JOB

Don't let your 9-to-5 job undo this morning's 7-miler. **BY SUSAN LACKE**

You may joke about your job cutting into your training time, but the health effects of your desk job are no laughing matter. Most Americans spend the majority of their day on their keister: sitting at a desk, slouched over a steering wheel or zoning out on the couch. Athletes, surprisingly, are worse than the average "sedentary" American: A University of Texas at Austin study found runners sit an average of 10 hours per workday compared to non-runners' eight-hour average.

Prolonged sitting can cause muscle tightness, poor mobility, back pain and muscle imbalances, undoing training gains and increasing an athlete's risk of injury. Keep your tush (and your training log) happy at work by creating an athlete-friendly office space.



GAIAM CLASSIC BALANCE BALL CHAIR
\$80, Gaiam.com

If you must sit, choose a desk chair with a Swiss ball base, which will keep your core muscles engaged and reinforce good posture.



Thera-Band STABILITY TRAINER
\$30, Thera-band.com

Challenge yourself to complete certain tasks—telephone calls, for example—while doing single-leg stands on a foam block. Besides just getting you off your rear, the balance work will wake up your glutes and hamstrings.



GARMIN VIVOFIT
\$130, Garmin.com

In addition to tracking miles during lunch-hour runs, a red "move" bar appears on this fitness tracker when the user has been seated for an hour or more.



REBEL CRANK-UP 1000
\$600, Rebeldesk.com

Easily switch from sitting to standing with this adjustable-height desk. Want to take your standing time to the next level? Add the treadmill (\$700).

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WHY DO I HAVE TO WEAR A SHIRT DURING U.S. IRONMAN EVENTS WHEN I CAN RACE TOPLESS IN NON-IRONMAN EVENTS?

with
JIMMY RICCETELLO



HAVE A QUESTION
FOR JIMMY? EMAIL
IT TO [TRILETTERS@
COMPETITORGROUP.COM](mailto:TRILETTERS@COMPETITORGROUP.COM)

A: The short answer is that because Ironman events take place all over the world, and the majority of them adhere to International Triathlon Union (ITU) rules, which require shirts to be worn during competition, Ironman requires shirts to be worn during its U.S. events for consistency.

Why do the ITU and other sports' international governing bodies require shirts to be worn in competition? I don't actually know the reason. I asked quite a few people "in the know," and the

most common theory is that it might have to do with the need for national federations and their elite athletes to identify the country they are representing as well as sponsors. It might also have something to do with common courtesy—not everyone is keen on seeing hairy men strutting shirtless around town.

I lean in favor of requiring shirts for the following reasons:

- Some of my peers, male and female, like to race as naked as possible because they take pleasure in flaunting the fruits of their labor. And while I appreciate the human body as much as anyone, I don't find topless men (or women for that matter) to be attractive when riding and running with the pedal to the metal. I like to leave a little to the imagination, and I find racing outfits to be more flattering than nakedness when racing.
- With the above point in mind, and considering that my body has occasionally been referred to as "scrawny" and "weasel-like," my reasons for racing shirtless as a pro were strictly performance-related. I raced primarily sprint- and Olympic-distance triathlons, in which seconds counted. Not having to put on a shirt saved valuable time in transition. That said, and despite the fact that I'm far from modest, I did not lose sleep over being required to wear a shirt while racing.
- If you're a man, I doubt that you look as good with your shirt off as you think you do.
- Anti-discrimination: Women aren't allowed to race topless. (It's admittedly odd considering that in many places abroad, and in stark contrast to laws/rules in the U.S., women are not required to wear tops in public places such as beaches, pools and—much to my surprise—hotel Jacuzzis.)
- Some athletes feel that they're cooler and therefore faster racing topless. I've never seen a definitive scientific study that proves this, and never really paid it any mind, since we all had shirts on.

The bottom line is that wearing a shirt while racing is the civilized thing to do and we're all in the same boat. So as my dad was fond of saying, "Keep your shirt on!"

For more than two decades Riccitello was one of the world's top triathletes. He is now the head referee for Ironman and a multisport coach (Riccitello.com) in Tucson, Ariz.

▼ LUKE MCKENZIE



NO SHORTCUTS

—
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ROKA X1

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with MEREDITH KESSLER

San Francisco Bay Area-based pro triathlete Meredith Kessler left a job in investment banking to pursue her passion for long-course racing, and in total has raced more than 50 full Ironmans. The Ohio native participated in both collegiate field hockey and track, and transformed into a well-rounded triathlete, thanks in part to her coaching by Matt Dixon of purplepatch fitness. Kessler's been racing as a professional since late 2010 and has since racked up long-course wins in competitive fields (Ironman 70.3 Vineman, Ironman Arizona) and in brutal conditions (St. George, both the full and half), and had her highest Kona showing ever in 2013 (seventh place). Despite multiple setbacks (crashes, concussions, nutrition issues), she inspires others through her never-give-up attitude and optimistic outlook on life. The persistently positive and ever resilient pro shared a look at the products behind her long-course victories.


1 SAUCONY APPAREL

(Strider Tank, \$42; Impulse Short, \$45; Sonic Reflex Jacket, \$110, [Saucony.com](#)) "For your 'run to brunch' type of workout. To go to and from swims, the Sonic Reflex jacket is easy to get on and off when wet."

2 RUDY PROJECT NOYZ (\$225, [Rudy.com](#)) "For years, I have raced and trained mostly in these. Simply put, these are just so light that you barely realize they are on your face."

3 YURBUDS LEAP WIRELESS FOR WOMEN (\$100, [Yurbuds.com](#)) "These new Yurbuds are first class. Once you go to Yurbuds, you will never go back to anything else!"

4 BASE ELECTROLYTE SALT (\$30, [Baseperformance.com](#)) "I carry a small case of it while I'm racing, and on the run before every aid station I lick my thumb, dip it in the salt and intake it before I'm about to grab hydration from the aid station. ... Base is the perfect medium of sodium and electrolytes"

where my body doesn't freak out or cramp."

5 SAUCONY SHOES (Zealot ISO, \$130; Women's Bullet, \$55, [Saucony.com](#)) "The Zealots just came out and are the spot-on shoe for really long runs in terms of support, flexibility and overall comfort. I wear the Bullets around leading up to a race."

6 RUDY PROJECT SKY MAJOR (\$200, [Rudy.com](#)) "For casual sunglasses—the ideal go-to aviators."

7 BUNGALOW MUNCH GRANOLA (\$15, [Bungalow-munch.com](#)) "Over yogurt, with milk, mixed with fruit or alone, it's the perfect granola mix."

8 RED BULL THE RED EDITION (\$5.98 for four-pack, [Walmart.com](#)) "Crucial in racing and specifically in more intense training. The new cranberry flavor is a favorite."

9 AMINO SKIN SPORT LOTION (\$65 for three-pack, [Aminoskin.com](#)) "A great addition to my lotion rotation."

They have lotions for both pre- and post-exercise, all of which are non-greasy, smell fresh and help keep the skin healthy and hydrated."

10 CARMEX ORIGINAL STICK LIP BALM (\$1.59, [Walgreens.com](#))

11 SHARPIE PERMANENT MARKER (\$1.49, [Sharpie.com](#)) "Always with me to write my husband's and my nephew's initials on my hands for extra special motivation."

12 XLAB TRI TOOL KIT (\$25) and **XLAB MEZZO CAGE POD** (\$10, [Xlab-usa.com](#))

13 ROKA CLASSIC FOAM BUOY (\$16) and **ANKLE STRAP** (\$10, [Rokasports.com](#))

14 NOXZEMA CLASSIC CLEAN ORIGINAL DEEP CLEANSING CREAM (\$4.99, [Walgreens.com](#)) "I wash my face with it to exfoliate and cleanse, and I also use it as a chamois cleanser to prevent anything dramatic downstairs."

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A

BEND, OREGON

With some of the most scenic training routes you'll ever encounter and a lively foodie (and microbrew!) culture, Oregon's high desert is a huge draw. **BY JENÉ SHAW**



GO

In summer or fall—the city sits at more than 3,600 feet, so it has a high-desert environment with about 300 days of sunshine every year.

FLY

You can get to Bend's Redmond Municipal Airport via one of four airlines (American, Alaska, Delta, United) with a direct flight from Denver, Los Angeles, Portland, San Francisco, Salt Lake City or Seattle.

STAY

The cozy rustic-meets-simple luxury Hilton Garden Inn is conveniently located in the Old Mill District, steps away from more than 30 stores and plenty of restaurants. (Rooms start around \$180/night.) Hiltongardeninn.com



grab a pint

BEER FOR DAYS

Bend is home to the most breweries per capita in Oregon, so take advantage and explore the offerings. For a safe and fun way to sample and get a behind-the-scenes look at some of Bend's best, book a tour on the Bend Brew Bus (\$65, Bendbrewbus.com). Or follow the free Visit Bend app (Visitbend.com) that will take you to the 14 breweries along the famous Bend Ale Trail. See our top brewery picks above.

BEND BREWERY TOP PICKS

Crux Fermentation Project pours great beer in a cool industrial atmosphere with outdoor seating. Cruxfermentation.com

Boneyard Beer tasting room is a must-stop if you're doing a brew-tour. Boneyardbeer.com

Deschutes Brewery serves up fantastic beer with a quality food menu. Deschutesbrewery.com

The Ale Apothecary creates unique barrel-aged beers (tasting room to open in 2015). Thealeapothecary.com



farm-to-table fare

LOCAL EATS

It's easy to eat like a locavore in Bend with an array of farm-to-table restaurants. [Grab a healthy but hearty brunch at local favorite Chow](#) (Chowbend.com), where toast plates—like the Ricotta Cheese French Toast with vanilla bean ricotta, caramel and apple butter—are done with housemade bread, and the creative egg dishes can be ordered with eggs from a nearby farm. The dinner menu at the lively, family-friendly eatery **Jackson's Corner** (Jacksonscornerbend.com) features seasonal salads, fresh pizzas and pastas made with organic ingredients.

RACE IT!

There's a reason we voted the Leadman Tri Bend* the best new race back in 2012. It is one epic, awesome experience that starts with a swim in the beautiful, clear, tree-surrounded Cultus Lake, followed by a ride through unspoiled forests dotted with log cabins and alpine lakes, and ends with a run on a quiet river-side trail before ending in town.

*As of press time, the former Life Time-owned Leadman Tri Bend is undergoing a change in ownership to Ironman, and the course will change to fit into the Ironman 70.3 distance.



PROS #INBEND

Professional triathletes Linsey Corbin, Heather Jackson and Jesse Thomas have made Bend their training home base. Full-time resident Thomas, who shared some of his favorite Instagram photos of training at left, says the Deschutes River Trail is as good as it gets for long trail runs, and his favorite ride is "straight out Cascade Lakes Highway, past Mount Bachelor to the meadow at Green Lakes Trailhead and back—it's a beautiful, smooth climb with low traffic and epic scenery, lakes and mountains."

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PAULA FINDLAY

Success was swift for Canadian Paula Findlay. By the age of 22, she earned five ITU World Championship Series wins, a No. 1 world ranking and a spot on the Canadian Olympic team. But despite being a favorite to medal in London, Findlay struggled with injury throughout her build to the Games and ultimately fell short of her dream, crossing the line in last place. Injuries continued to plague Findlay through summer 2014; then, in a last ditch effort to get back on track, she moved to Boulder, Colo., to work with coach Siri Lindley. The choice was a good one. Findlay, now 25, scored a trio of second-place finishes in late 2014 (the Cartagena ITU World Cup, Life Time Tri Oceanside and the Noosa Triathlon), proving she is an undisputed podium contender. More importantly, in the words often uttered by her coach, Findlay is “loving it” again—she largely credits Lindley with reigniting her passion for the sport and her athletic confidence. Findlay aims to again represent Canada at the 2016 Rio Olympics, but her initial goal is to put together a consistent, injury-free 2015 season. —AS TOLD TO HOLLY BENNETT



RICH CRUSE; JANOS SCHMIDT / ITU MEDIA

I WAS READY TO QUIT triathlon because of the constant injuries I had. I didn't love it anymore. It was a huge mental struggle to get out every day and train. Instead, I decided to look one more time for a coach. I contacted Siri, and I could tell right away that she was the right choice. Often it's hard for an athlete to put all their trust in a new coach, but because I was at such a low I was willing to put all my eggs in one basket. Since then I've not swayed at all from what she says. Her super enthusiastic, positive energy was really what I needed to re-instill my love for triathlon. She shows up every day at the pool and is so excited to be there, and that makes me excited. I'm laughing pushing off the wall for all-out 200s. It's a totally different approach than I used to have toward training.

THE LAST FEW YEARS, I didn't think I could win a big race again. I doubted all sorts of things. But I'm back to the point where I believe I can win. I believe I can qualify for the Olympics—maybe more than just Rio. I've become a different athlete. I'm stronger in a lot of different ways. I'm smarter and I know my body better. I kind of walked onto the stage and had success pretty young without any experience, and I did it because I was talented and I worked really hard, but I didn't really think about it. It just happened. Now I think I can approach it in a different way but still achieve the same level of success.

THE ENTIRE YEAR OF THE London buildup, I was unhappy. I was injured and couldn't run until May before the Olympics. All these cool things were happening—Proctor & Gamble was one of my sponsors, I was on a General Mills cereal box and the Olympic committee was using my name and face as one of their targeted athletes to medal. On the outside it looked like I was this superstar triathlete who was going to podium in London. That's what I had to believe I could do, because I did have that potential—I had shown that. But I was not in a position that whole year to execute that race in August. It was a little tough getting all that attention and pressure, yet not actually running and getting myself ready properly. It's a positive thing to have pressure, but when you can't deliver it's really difficult. I would love to go into Rio with the same hype,

"**LOOKING OUT FOR YOURSELF AS NO. 1 IS NOT A GOOD QUALITY TO HAVE FOR EVERYTHING, BUT IT IS IMPORTANT TO BE THE BEST ATHLETE YOU CAN BE."**



but also be healthy enough and be in a good position to medal and be able to enjoy it all a little more.

BEFORE I JOINED SIRI'S group I really didn't see myself going any further than Rio. I wanted to go to med school and be a doctor and have a family. I do have ambitions outside of triathlon. But now, training with girls who are in their 30s and 40s and seeing that they've made a career out of triathlon has opened my eyes to that possibility. I was the oldest person in my group most of the time that I was training for London, with kids that were also in school and in the same stage of life that I was, but now I see people like Rinni and Jodie Swallow and how they've made a career out of the sport, and it makes me want to do that, too.

I'M PRETTY SHY WHEN I meet new people. I have a hard time speaking up in big groups—like more than one person. But with my family I'm completely different! I'm very stubborn, very organized and want everything done my way. You have to be a little self-centered to be a high-level athlete, I think. Looking out for yourself as No. 1 is not a good quality to have for everything, but it is important to be the best athlete you can be. That's hard to live with and I really acknowledge and appreciate that. I was pretty demanding at home!

[CANADIAN OLYMPIC GOLD and silver medalist] Simon Whitfield's friendship is really important to me. He's super smart and resourceful and he's been through everything as an athlete himself. Over the winter we sat down and talked about something he

calls 'back-scaling.' You have a goal like the Rio Olympics, and instead of looking forward you walk through what that race will look like and the ideal outcome and then work your way backward from there. What will you be doing a month out from Rio? What will you be doing a year out from Rio? All the way up to what you will be doing tomorrow. That was a cool exercise and now I've mapped out a big chart with my goals.

PEOPLE SAY THAT HAVING red hair makes you fiery or tough, but I don't totally believe that. I forget I'm a redhead half the time because my hair is always wet and dark and pulled up. But there is a history of Canadian athletes with red hair who have done well, like Sam McGlone and Sarah-Anne Brault, so that's a cool thing. It's also cool to have the same name as Paula Newby-Fraser and Paula Radcliffe. Those tiny things keep me motivated sometimes!

ONE OF MY FAVORITE quotes is, 'Now and then it's good to pause in our pursuit of happiness and just be happy' [Guillaume Apollinaire]. I often get caught up in being a perfectionist, striving to achieve big goals and having an idea of what the ultimate happiness would look like. However, it's important to remember to enjoy the journey, find happiness in the process of achieving my goals and embrace the challenges. The quote is a good reminder to stay positive and find joy in the little things, every single day.

FIND MORE PRO TRIATHLETE INTERVIEWS AT
TRIATHLETE.COM/PROFILE.



OWNING IT

Take ownership of the awesomeness within you—no matter where you are.

BY MEREDITH ATWOOD

"Well, I'm not *really* a runner," I told the teeny, clearly-a-runner girl at the gym. We were in the locker room. My towel was wrapped tightly around my body, making me look like a giant, white sausage. Her towel, loosely draped around her fit frame, seemed to wrap around her twice. "Yeah, not really a runner," I said again. "*I just try really hard.*" I figured that sabotaging qualification bought me some sort of pass for my big butt and woeful treadmill pace. ¶ I have muttered that line—I just try really hard—with my head hanging down, more times than I can count. Five words that completely disqualify my running and are completely ridiculous, considering all the running races I have completed. I started running in 2010, and since then, have crossed finish lines in dozens of 5Ks and 10Ks, and handfuls of half-marathons. Oh, and four half-Ironman triathlons, which include, ahem, a 13.1-mile run. »



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Prep Time: 15 minutes
Cook Time: 20 minutes
Servings: 4

RECIPE

1 package (10 oz.) frozen chopped or leaf spinach, thawed and moisture pressed out
 1 can (10.5 oz.) cream of mushroom soup
 1/3 cup cooked, diced applewood-smoked bacon, kept warm (divided)
 1 can (7.5 oz.) traditional pack canned salmon or 1 can (6 to 7.1 oz.) skinless, boneless canned salmon
 1/2 teaspoon kosher salt
 1/2 teaspoon coarse black pepper
 4 large biscuits or toasted English muffins, split and kept warm
 4 large eggs
 3/4 cup finely-diced tomato
 Cooking spray, as needed

Spray-coat a large saucepan. Stir in and heat the spinach, soup, 1/4 cup bacon, salt and pepper. Fold in canned salmon and the salmon liquid; break salmon into chunks. Heat through; cover and keep warm.

Fry eggs in a large spray-coated pan just until sunny-side up (or to desired doneness). To serve, place 2 biscuit/muffin halves on each of 4 plates, overlapping slightly. Divide and spoon creamed salmon mixture over biscuits. Top each serving with an egg. Sprinkle on remaining bacon and tomato dices.

Nutrients per serving
 (with English muffin): 379 calories, 13g total fat, 3g saturated fat, 32g calories from fat, 28.5g protein, 37g carbohydrates, 3g fiber, 1415mg sodium, 286mg calcium and 1030mg omega-3 fatty acids.

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Most ridiculous of all, I am fairly certain these laughable words escaped my mouth during the throes of training for an Ironman, which culminates in a marathon. Although it's likely I was probably feeling compromised in a napkin-sized towel at the gym, I still couldn't believe what was coming out of my mouth.

About eight weeks into Ironman training, this realization finally penetrated my skin: No matter how ploddy I was plodding along on any given day, if I laced up my shoes and went for a run, I was a runner. A real runner. There wasn't a certain mile or *ding ding, light bulb!* moment: just the acknowledgement that I worked just as hard—if not harder—than the teeny girls, and my miles were exactly as long as the ones they covered. I began to recognize the good things that made me a runner. My sports bras and shoes were stinky, like every other runner I knew. I was chafing everywhere! *Yay! Chafe!* I thought about running all the time. I was ticking off 8-, 9-, 11-, and 14-mile runs. Hard, long runs. And I wasn't doing myself any favors by discrediting the hard work I was putting in.

So I began to say things like, "Yes, I am training for an Ironman" and "I ran 9 miles before work this morning." I started stretching my hamstrings, unabashedly, in the checkout line at the grocery store. I spent time with a chiropractor and physical therapist for my aches—because suddenly, I was *worth* it, and so was my running. I took ownership of my inner athlete—specifically, my inner runner—and I began to appreciate her.

But when people would ask about my Ironman finish time, I would start to mumble. I had a new qualifier: the Ironman edition of *I just try really hard*.

"Well, I barely finished," I would say, even though I came in 16 minutes under the 17-hour limit, which feels like an eternity. I'd come back to the evil cycle. The cycle of not being a real athlete. *How did that happen again?*

This had to stop.

So I started doing yoga.

On one special day, I went to the 6 a.m. class. I spread out my mat, took to *shavasana*. The room was dark (and hot), and the instructor's voice filled the air. "Meet yourself where you are, with no judgments, no expectations. Feel where you are, and be here in the moment."

What? I thought to myself. Love myself? Today? Where I sit, 40 pounds overweight and stressed out and tired and full of issues?

"Meet yourself where you are," the instructor repeated.

Her words made me understand what I was missing. For so long, I'd focused on the races and the numbers and forgot *who* was doing the races and producing the numbers. Me. My body.

I'd ignored the critical component of finding grace and peace in my current athletic state. Historically, I accepted myself only with caveats. *I will get better. I will get faster. I will be thinner. When I am an Ironman, I will be a real athlete. When I am (fill in the blank), I will be happy.*

When I was lying on the yoga mat, I decided to buy—and own—all of me: my athleticism, my successes, my failures, my femaleness, my strengths, my weaknesses, my thighs, my calves, my issues, all of it. I met my current self there and greeted her with loving arms. I did my best to hug her regularly on that day, and in the following days. I was more patient and compassionate with her. I didn't put added pressure on her. I just was.

Six weeks after that transformative yoga class, I had one of the most powerful races of my life. The distance? Not an Ironman, but a 5K.

In January, I showed up at the race in the freezing cold with about 500 other runners. I wore my signature, never-leave-home-without-it visor. My favorite shoes. I was the same ol' girl I've always been, but I felt more *like me* than ever. I told myself I was going to own this race, because I was in the perfect shape to do just that.

From the sound of the starting buzzer, I was gone. My feet turned over fast and lightly. My form was strong. My quads were burning but powerful. Eminem was loud in my ears, my breathing like a freight train. At the turnaround, my pace slowed significantly, and I didn't think I would be able to finish with the pace I had hoped. But for some reason, I came back—and I found myself again. The rhythm returned, and I powered through. Left. Right. Power. Strength. Life. Breath. Left. Right. Left. Right. I. Am. A. Runner.

As I crossed the finish line with a solid new PR, I felt alive. I felt whole. I felt like me. ■

Meredith Atwood is a wife, mother, attorney, Ironman, coach and author of *Triathlon for the Every Woman*. She lives in Atlanta and blogs at Swimbikemom.com. Adapted from *Tales From Another Mother Runner* (\$11, Andrews McMeel Publishing).

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WHAT'S MY END GAME?

Have you ever thought about what happens when a pro triathlete retires? Do they swim, bike and run into the sunset?

BY JESSE THOMAS

If you've never made it to the end of one of my articles, you don't know that five years ago, my wife Lauren, her friend Steph and I started an energy bar company called Picky Bars. At the time, I was a post-MBA independent consultant and thinking about doing something dumb like becoming a professional triathlete. Lauren and Steph were both professional distance runners, injured, aquajogging, bored out of their minds, and wanted to make me a gluten- and dairy-free energy bar from real-food ingredients that didn't taste like dirt. »



HOW ELITE ATHLETES ARE GAINING AN EDGE: The Secret To Improving Your Speed and Endurance BY MARK HANSEN

Triathletes have long sought ways to improve their performance through nutritional supplements and creative training strategies. Some have gone as far as using synthetic drugs and blood doping to gain an advantage. A new supplement giving athletes EPO-like effects is generating controversy.

The product that has been producing so much debate is EPO-BOOST® - an all natural supplement developed by U.S. based Biomedical Research Laboratories. EPO is industry shorthand for erythropoietin, a hormone produced by the kidneys that regulates red blood cell (RBC) production.

Increasing red blood cell production has long been the focus of competitive athletes due to the impact that RBC levels have on oxygen intake and utilization. The greater the red blood cell production, the greater the body's ability to absorb oxygen, which in turn gives an athlete more strength and endurance. Strength and endurance are precious resources to any athlete. Thus competitive athletes have tried various techniques to gain an advantage by increasing EPO and RBC levels.

Traditional techniques for boosting RBC levels include synthetic drugs and blood doping. These practices are both dangerous and banned by organized sports associations. The makers of EPO-BOOST® claim that their patent-pending formula is

all-natural and is clinically shown to safely increase erythropoietin levels, resulting in greater strength and endurance.

The scientific evidence behind EPO-BOOST® does seem to be compelling. A 28-day double-blind placebo-controlled clinical trial, performed by Dr. Whitehead from the Department of Health and Human Performance at Northwestern State University, showed that the active ingredient in EPO-BOOST® increased EPO production by over 90% compared to the group taking the placebo.¹ The supplement group also showed dramatic improvements in athletic performance (as measured by VO₂max and running economy).

Since its release, competitive athletes have raved about this new supplement, which offers all the benefits of greater EPO levels with none of the dangerous side effects or legal trouble. Anthony White, a category one cyclist who took first in the April Series Criterium event, used EPO-BOOST® in his preparation for the 2012 race. Anthony stated, "I felt that I had hit a plateau in my training and then I found EPO-BOOST and TriFuel. With EPO-BOOST, I felt that I could push a bigger gear, longer than before. This resulted in riding away from my competitors to victory."

Mr. White is not alone in his praise of the product. Travis Beam, a top cyclist from North Carolina, used EPO-BOOST® in his

preparation for the 2012 season. Travis stated, "starting the 2012 season I made several goals to accomplish in my racing career. To achieve those goals, I knew I needed something extra to support my training. After a month of using EPO-BOOST and Trifuel I started seeing crazy gains in my endurance and power during training and my speed picked up to the next level! I am a firm believer in these products and cannot wait to see how these gains will help my performance in events later this year."

Not everyone is so endeared to the product. Several athletes have said the supplement gives some athletes an unfair advantage. They describe the performance improvements as "unnatural" and pointed to athletes from cycling and long distance running as evidence that people are catching onto the supplement and using it for a competitive advantage.

A company spokesman, speaking off the record, admitted that the product doesn't work overnight and that most athletes won't see the extreme performance enhancements for 3-4 weeks. In a world infatuated with instant success, that kind of realistic admission might cost some sales but is likely to keep customers happy.

While the controversy over the advantage athletes using EPO-BOOST® are obtaining is unlikely to go away anytime soon, one thing is for sure; blood doping and synthetic drugs are a thing of the past now that amateurs and professionals alike can tap into a natural product that generates Olympian-like strength and endurance.

Any athlete can use EPO-BOOST® without a prescription and without changing a diet or exercise regimen. The company offers an unparalleled guarantee. Athletes can use the product for a full 90 days and if not completely satisfied, send back whatever product is remaining - even an empty bottle - and get a 'no questions asked' refund.

A company spokesman confirmed a special offer: if you order this month, you'll receive Free Enrollment into the company's Elite Athlete Club where you'll qualify to receive a full 25% discount on all your bottles of EPO-BOOST®. And so you don't go a day without EPO-BOOST® in your system - increasing your endurance, you'll automatically receive a fresh bottle every 30-days. There are no minimum amounts of bottles to buy and you can cancel at any time. You can order EPO-BOOST® today at www.EPOBOOST.com or by calling 1-800-780-4331.

The three of us were admittedly “idea people” who had fun “projects” every couple of months. Most fizzled out with our interest and didn’t amount to much. And, to be honest, that’s what I thought Picky Bars would do as well. But something different happened. People liked them. Lauren became obsessed. Steph accidentally told *Runner’s World* we were starting an energy bar company. So basically we had to do it. We took it at our own slow pace and stuck with it, and it grew. And somehow, I’m now the CEO and co-founder of a nationally distributed brand with nine employees and an office in Bend, Ore.

If I’m being perfectly honest, I have a love/hate relationship with Picky Bars. Don’t get me wrong—it’s mostly love. I’m a super passionate entrepreneur. I thrive on the challenge of building a business, developing a team and creating products and a brand that people love.

So what’s the problem? Well, it’s that I’ve got this other job called being a professional triathlete that actually pays me. You can ask Pearl Izumi, ROKA, Red Bull, Jaybird and Dimond about it. It involves mostly training, racing and

helping those guys and other companies sell cool stuff. It doesn’t involve a whole lot of spreadsheets, employee meetings and bank loans.

And while Picky Bars is great for me personally, and even my triathlon career in some ways, it definitely takes its toll. It limits my time to train and recover. It increases my stress. It creates lots of friction with the “ideal” professional triathlife.

So if it’s interfering with my real job so much, why not just quit, or step aside and leave it to someone else? Well besides the dozens of loyal customers who would be devastated, there’s another reason to stay involved: It’s my most likely end game.

What’s an end game? You’ll find out in a few paragraphs. Have you ever thought about what happens when a pro triathlete retires? Do they swim, bike and run into the sunset? Do they become judges on “American Idol”? Does an angel get his wings?

To be honest, I don’t know. I’ve never retired. But lately, for some reason, this question has been on my mind. Not because I am considering retiring—I’m

hoping for at least another 3–5 years—but because I have been around long enough now to see sponsors come and go and see many guys I raced retire. Tim DeBoom, Chris Lieto, Bevan Docherty, Chris Legh, Simon Whitfield, Rasmus Henning, Craig Alexander and Chris McCormack kind of. And many others who retired under the radar because they weren’t superstars.

As I’ve written before, even the most successful, high-profile athletes don’t get paid enough during their careers to kick back, do some announcing and play celebrity golf the rest of their lives. So what do these guys and girls do when the glory of training 30 hours a week and racing in skintight Lycra is over? What’s their end game?

It’s a mix of stuff as far as I can tell, but it doesn’t seem easy. Many will go into coaching, some will become agents and/or remain an ambassador in the sport of some kind for some company. Those jobs are mostly reserved for the few people who have built a big enough name in the sport and/or want to pursue those careers. What about the guys like me, who don’t have any world titles or Olympic medals?

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Unlike “normal” careers, there is no social security, and you haven’t spent 35 years building a retirement income. You’re probably around 40, have a young family and a mortgage, and if you did, well maybe have some money in the bank. But you’ll likely be forced to start over again, while many of your friends in other careers are in the peak of their productivity and financial success—for another 20-plus years.

Plus, you could be up to 15 years out of a “normal” work environment. I think about where I was 15 years ago and all I can remember is I got my first Nokia stick phone with a green screen. Think about if that was the last time you had a “real” job. Whoa. You can see how it would be a little disconcerting and intimidating. What the hell are you supposed to do?

If you’re lucky, you unpurposefully started an energy bar business that is a lot of times a pain in the ass for your triathlon career, but in the end does help you keep your professional skills mostly current and just maybe will amount to a real job when all is said and run. (Sorry about that pun.)

I definitely didn’t understand the impact Picky Bars would have on my life and triathlon career when we started it, and thank God I didn’t. If I knew how much work it was going to be, I probably wouldn’t have done it, and the title of this article would instead be “What’s My End Game? Seriously, Please Help Me Find One.” But luckily we did start it—and stayed with it. And luckily it’s become more successful than I thought it would be. And regardless of if it ever “makes it,” I’ll have spent real time working on real problems in a business that will help me down the road when I can’t swim, bike or run fast anymore.

So what’s the takeaway, besides I’m lucky? Well, I guess it’s this advice to any current or aspiring pro: Think about your end game. And probably the sooner the better. You certainly don’t have to start a business, and if you’re serious about being a good pro, I honestly wouldn’t recommend it. There are easier, less stressful, more balanced ways to juggle work and training. But you should spend some of your free time maintaining or developing skills in a professional environment. Yes, it

will probably make it harder to become the best of the best, and you’ll have to balance it with a mix that’s appropriate for you. But it’s a long life and worth it in the end.

And my last piece of advice would be not to underestimate how much people will be willing to help you. While we still have a long way to go, Picky Bars, Lauren, Steph and I have received tons of support along the way and clearly could not have gotten to where we are today without it. Many employers love athletes because they’re self-motivated, reliable and competitive, and the employers are athletes themselves. I know because I employ a bunch of them. Don’t be afraid to reach out to your community, whether local or through triathlon, to see if there’s something available, even if it’s just a few hours a week. Maybe someone who read this article all the way to the end will be inspired to reach out as well. Good luck! ■

Jesse Thomas (@jessemthomas) is a four-time Wildflower Long Course champion and the CEO of Picky Bars (Pickybars.com).



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The 2015 ITU World Triathlon Series kicked off with a sprint-distance race in Abu Dhabi, and as expected by many, reigning ITU world champion and American Gwen Jorgensen added a ninth WTS win to her résumé. But what turned the heads of U.S. triathlon fans was that not only were there two American women on the podium—with Katie Zaferes (née Hursey) finishing in second—there were five American women in the top 10. At one point, Americans Erin Jones (bib No. 48), Sarah True, née Groff (No. 2), Zaferes (No. 11) and Lindsey Jerdonek (No. 18) were all working together in a pack. With 2016 Olympic qualification starting this year, we're excited to see which U.S. women make the cut.

PHOTOGRAPH BY ITU/JANOS SCHMIDT

BONUS WORKOUT



What training gear do I need to prepare for 70.3 and Ironman?

—Krista G. [f](#)

A: Basic swim gear includes a well-fitting swimsuit, goggles that are comfortable and don't leak and a swim cap for anyone with long hair. There is an endless list of swim equipment that is not required but can make swimming more productive, challenging and fun. The two most commonly used items are a kickboard and pull buoy, but these items are often provided at the pool. Swim fins, paddles and a snorkel are very personal and should be purchased to fit the individual. Also, don't forget to buy a mesh bag to carry all your wet gear to and from the pool!

Q: Training for three sports takes up so much time! Is there any real value in spending any of my training time in the gym? What value do I get out of a gym-based strength program? —Ben H. [f](#)

A: Yes, training for three sports can take up a lot of time. However, sitting on the sidelines and in the doctor's office because of a muscle imbalance or overuse injury is much more time-consuming! A strength program should be part of every triathlete's weekly plan, even if this means one hour less spent swimming, biking or running. Try to find two 30-minute blocks of time that you can devote to strength and injury prevention. You can do many exercises at home with a few small pieces of equipment and body-weight exercises, or you can plan

to stay a few minutes after swimming to use the big equipment at the gym.

Q: What's your advice for a new swimmer who is afraid of deep water? I get tired quickly and there are no walls in open water.

—Tracie H. [f](#)

A: Start by training in the shallow end where you can touch the bottom if you need to. Gradually increase your distance, but when you get tired, roll onto your back and float while you catch your breath. You can also switch to breaststroke with your head out of the water. This will prepare you for the open water where there are no walls when you need to rest. Pretty soon you won't have anything to fear about deep water.

Q: I've heard that you should not use your legs during the swim and save them for the bike and the run. What is your take on this? —Eli V. [f](#)

A: I agree that most triathletes should not use a six-beat kick during the swim of a triathlon. However, that is not a free pass to not kick at all. While a two-beat kick might not provide much propulsive force, your legs are providing stabilization for your hips and core while your torso rotates. The downward stroke of your left leg counter-balances for the stroke of your right arm and provides a powerful underwater pull. Kicking is a critical part of the freestyle stroke even when you are floating in a wetsuit.



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Pro triathlete and swim coach Sara McLarty has 25-plus years of experience and knowledge about swimming mechanics, efficiency and technique.

Choose a set based on your ability level. The A set is based on intervals of 1:20–1:30 per 100. The B set is based on intervals of 1:50–2:00 per 100. The C set is 2,000–2,500 yards total and based on a rest interval.

A

- 400 swim/200 pull/100 kick
 - 5x50 on :50 (drill/swim)
 - 5x50 on :50 (non-free/free)
 - 5x50 on :50 (build)
 - 1x200 swim at 90% max effort (check your time)
 - 100 easy pull/recovery
 - 8x200 swim at (previous 200 time + 10 sec)
 - 100 easy pull/recovery
 - 5x100 on 2:00 (50 kick/50 swim)
 - 200 cool-down
- TOTAL: 4200**

B

- 300 swim/200 pull/100 kick
 - 4x50 on 1:00 (drill/swim)
 - 4x50 on 1:00 (non-free/free)
 - 4x50 on 1:00 (build)
 - 1x200 swim at 90% max effort (check your time)
 - 100 easy pull/recovery
 - 6x200 swim at (previous 200 time + 20 sec)
 - 100 easy pull/recovery
 - 3x100 on 2:00 (50 kick/50 swim)
 - 200 cool-down
- TOTAL: 3300**

C

- 300 swim/200 pull/100 kick
 - 3x50 with 15 sec rest (drill/swim)
 - 3x50 with 15 sec rest (non-free/free)
 - 3x50 with 15 sec rest (build)
 - 1x200 swim at 90% max effort (check your time)
 - 50 easy pull/recovery
 - 4x200 swim at (previous 200 time + 30 sec)
 - 200 cool-down
- TOTAL: 2300**

—SARA MCLARTY

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THE ONE-HOUR TEST

How far can you get in 60 minutes? Try the Postal Swim! **BY SARA McLARTY**

HOW FAR CAN YOU SWIM IN 60 MINUTES

without stopping? This is the challenge that makes the Speedo USMS 1-Hour Postal National Championships so unique. It is a race against no one but yourself.

Started in 1978 by the Washington, D.C., Masters team, the idea was to create a competition among teams and individuals all over the country without travel expenses. Participants did the event at their

own pool, wrote their results on a 3x5-inch index card, and mailed them in to be recorded.

Today, the event is sponsored by Speedo, supported by U.S. Masters Swimming, hosted by an individual team, and attracts more than 2,500 entries. National records are kept in five-year age groups with the men's overall record at 6,135 yards and the women's record at 5,625 yards.

OTHER USMS CHALLENGES

Along with the one-hour swim, there are 5K/10K (50-meter pools) and 3000-yard/6000-yard (25-yard pools) events hosted throughout the year. Check Usms.org for more details.



TRAIN FOR IT

The one-hour swim is a great way to test, track and challenge your training. Before the event, spend time developing a personalized plan for a successful swim. Talk to your coach or use your best judgment to determine what pace you can hold for 60 minutes. Just like any endurance event, it's best to be conservative with your pace at the start. Negative splitting (completing the second half faster than the first) is a popular strategy for long-distance swims to prevent bonking and fading.

If your goal pace is 1:30 per 100, swim a set of 8x100s on 1:40 while trying to hold 1:30. Tweak your plan after reviewing the test set. Increase your estimated pace if you were unable to hold 1:30 for all the 100s and decrease your estimation if 1:30 seemed way too easy.

RACE IT!

On race day, bring a friend, family member or training partner to be a lap counter on deck—this person will use a stopwatch and record splits for each 50 yards (or meters) you complete. They will also keep track of the time and alert you when to stop swimming. Having accurate lap splits to analyze and compare to past or future events can be an invaluable data source for your training.

Plan for five minutes of warm-up before the hour swim. Include 4x25s (build to fast) to get your heart rate elevated. Divide the one-hour swim into four 15-minute segments. Have your lap counter communicate the end of each segment by holding up a kickboard for you to see. Start conservatively so you can hold or slightly lower your pace each 15 minutes. Give it everything you've got left during the last five minutes while your lap counter is cheering you on from the sidelines!

Many triathletes would be surprised to see how they are ranked nationally in a long-distance postal challenge. The hours spent cycling and running build a tremendous aerobic base that carries over to any endurance event.



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STREAMLINE TO SUCCESS

Six steps to a better streamline **BY SARA McLARTY**

The fastest moment in the pool is when you push off the wall. Put your body in a streamline position to take advantage of this free speed. Here are six steps to a streamline push-off:



1 Put one hand on top of the other and hook your thumb over to keep them secure.

2 Face the opposite side of the pool, tuck your chin to your chest and squeeze your ears with your biceps.



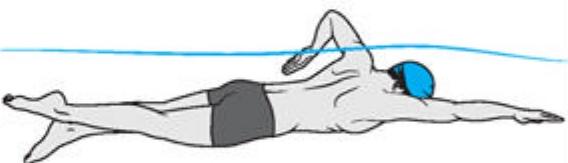
3 Plant your feet on the wall, hip-distance apart, with a slight bend in your knees, and three feet below the surface of the water.



4 Allow your upper body to drop under the water.

5 Push off in a straight line toward the other side of the pool.

6 When you start to slow down, flutter kick and start to take your first stroke.



BLUCORE CORSUIT (\$55)
Blucoreswim.com

SPEAKING OF STREAMLINED...

◀ This new Corsuit swim tool from Australia-based company Blucore targets core strength to help you become more streamlined in the water. It's a one-size-fits-all plastic device that buckles around your waist and serves as a reminder to keep your spine properly aligned by encouraging a flat back against it as you swim.

Blucore suggests practicing using the Corsuit during a few drills: Do a streamlined glide off the wall, and work on decreasing the gap between your lower back and the Corsuit; use it during an underwater dolphin kick, when you should focus on kicking from your pelvis and

avoiding arching your back or wear it during dryland pull-ups—the Corsuit will provide feedback so you don't overarch your back, and then translate that posture back into the pool.

It's easy to put on and is generally pretty comfortable once you get the hang of the corset-in-the-water feeling (note it does make flip-turns a little difficult). We used it during warm-up and drills to start our swim workout with good posture habits, and reintegrated it at the end of a 3000-yard set when form started to diminish. It's not a must-have tool, but if posture and alignment are an issue for you, it's a worthy investment to have that feedback in real time. —JENÉ SHAW

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3. Core Lateral Stabiliser (CLS) balances the core by preventing lateral movement.



IN A RIDING RUT?

Four ways to switch up your bike training to boost performance **BY BETHANY RUTLEDGE**

IT IS OFTEN TRUE THAT THE THING WE do not like doing is the thing we should be doing to improve. When we're on our own without a plan, it's completely natural to gravitate toward the type of training that suits us best, but that approach may be limiting performance gains.

"An athlete experiences the most adaptation the first time a new type of workout is performed," says Sam Morgan, a triathlon coach and Cat 3 bike racer. "By varying your training, you can reap large benefits from the amount of adaptation to be gained by performing different types of workouts even just once."

Starting with this premise, let's look at some ways to get out of a riding rut. Which weekend riding option sounds like your ideal ride?

You prefer: A SPIRITED GROUP RIDE WITH ROADIES

Group rides are great for building power and handling skills, and they keep long miles engaging. If your target is long-course triathlon and you're only doing surge-filled group rides, you won't be as well prepared as you could be.

You should try: As you get closer to your race, try forcing yourself to do some longer intervals at or just above your target race pace a few weekends a month to work on your sustained power.

You prefer: NO RIDE AT ALL

If you would take a swim or a run over a ride any day, then it's time to find a way to make cycling fun.

You should try: Join a group, commit to a fun challenge (100 miles a week for the month, any number of options on Strava) or sign up for a standalone cycling

▲ PREFER LONG, STEADY NON-DRAFTING IN THE BARS?

Essentially this type of ride is triathlon. So yes, it's important. But don't fall into the trap of thinking that you need to do these types of rides all the time. If you concentrate on race-specific gray zone intensity all year, you may be missing out on potential improvements gained through working on aerobic capacity.

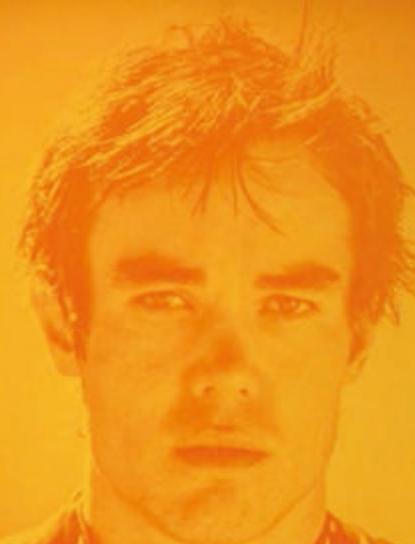
event or camp in an area you've been curious to explore. If longer rides just aren't physically comfortable, invest in a professional bike fit to make sure your setup and equipment is right for you.

▼ You prefer: BACK-TO-BACK CENTURIES ON SATURDAY AND SUNDAY

If riding long is your favorite type of workout and feels easy, it's likely you have a well-developed endurance engine. Time to mix it up with some intensity!

You should try: If the thought of structured intervals sounds mentally tough, try jumping in with a faster group of riders occasionally to get some organic speed.





*Travis
McCabe*

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BEN HOFFMAN'S QUICK PRE-RIDE CHECKLIST

A top pro's four steps to keep you safe and prepared on the bike

BY JENÉ SHAW

As a professional triathlete, last year's second-place Ironman Hawaii finisher Ben Hoffman is on his bike almost every day, so he has his pre-ride rituals down pat. Here are the essential things he does before hitting the road.



DO A BOLT CHECK. Once a week, Hoffman checks the main bolts on his bike to make sure they haven't loosened because of rough roads or simply the miles he's been riding. "If you're on a really long descent—right now I'm training in Tucson and ride Mount Lemmon a couple times a month and it's about a 25-mile descent—sometimes after climbing I'll check the front skewer and make sure everything is tight. Make sure it's tight and right or you could end up on the side of the road injured."

WANT TO SEE MORE ON HOW BEN HOFFMAN PREPARES? WATCH THE VIDEO AT TRIATHLETE.COM/HOFFMANPRERIDE



PUMP UP TIRES. "You can lose a lot of tire pressure overnight in between rides. I try to take into account what conditions I'll be riding in—if it's really rainy outside, I might lower the tire pressure to increase the traction. There's also been some mixed information about tire pressure as of late, and the best understanding that I have is that lower tire pressures are generally better, compared to what's historically been out there. I tend to run anything from 90–100 psi, depending on conditions, with a little bit less in the front tire because I'm putting my weight on the aerobars. If you're on rough roads and your tires are bouncing, you're going to be a lot more comfortable if you're running a little bit lower [psi] because you'll keep the tire in contact with the road surface."



LUBE CHAIN. "When you put the lube on, make sure you take a lot of the chain lube off with a rag," Hoffman says. "If you leave a lot on there, it will bring a lot of dirt and break down your drivetrain. Clean it every single ride—even a short ride, like a 30-miler, would end up carrying a lot of dirt on the chain."



CHECK SADDLEBAG FOR ESSENTIALS. Hoffman carries one spare tube (with the proper stem size for his wheels), a CO₂ cartridge and head unit, two tire irons and a valve extender just in case. "I also carry a small piece of rubber from an old tire, which I can use as a patch if I blow out a sidewall, or I can also use it to hold the CO₂ when I open it up."

kit of the month

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▼ Designed for warm-weather ride days, the Pro Chiaro is made in Italy from Nalini's proprietary fast-drying and highly breathable fabric. The jersey features a form-fitting race-cut design with a covered half-zip front. Soft netting stitched in the armpit area increases ventilation, and elastic bands keep the sleeves and waistband in place. Pair with Nalini's Pro Pure bib for an authentic Italian kit perfect for summer spins.

—MICHAEL NYSTROM



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YOUR IDEAL BIKE COURSE

Want to race your best? Choose a course with terrain and conditions that suit you. **BY BETHANY RUTLEDGE**

FOR AGE-GROUPERS, MANY RACES ARE CHOSEN BASED ON TIME OF YEAR OR WHICH locations fit best within budget or work constraints. But if you have the chance to choose a course based on where you can produce your absolute best bike split, here are some points to consider.

FLAT COURSES

The main factors that determine how fast you go on pancake-flat roads are drag and absolute power. Weight has a minimal impact on flat courses, so bigger, stronger athletes tend to dominate the bike leg compared to their lighter counterparts. If you're the kind of athlete who excels when the road is flat but falls back as the elevation chang-

es, then a flat bike course may be for you.

Race it: St. Anthony's, TriRock San Diego, HITS Naples, Ironman (and Ironman 70.3) Florida, Ironman Arizona and Ironman (and Ironman 70.3) Cozumel all have minimal elevation gain. The potential of wind as an additional factor could also work in your favor as a bigger, stronger athlete.



Wildflower
Long Course

HILLY COURSES

For a smaller athlete who has a good power-to-weight ratio, look to hillier courses to make up time on larger athletes. On a big climb, the main factors you must overcome are weight of your bike and body. Therefore, at some point, a rider with a lower functional threshold power and better watts-per-kilogram ratio will beat out the bigger athlete. If you tend to drop your friends on the hills, consider one of the below courses.

Race it: Wildflower Olympic (and Long Course), Chattanooga Waterfront Triathlon, Ironman Lake Placid, Ironman Lake Tahoe, Ironman 70.3 St. George, Alpe d'Huez Triathlon, Challenge Quassy

HOT COURSES

The presence (or lack) of heat is another consideration in choosing your ideal course. The bigger you are, the sooner you will reach a point where lack of ability to dissipate heat will impact your overall performance. All other factors being equal, at 200 pounds, the Kona heat will have a greater impact on you than it would on a 145-pound competitor. Although heat training and improving your body composition can certainly mitigate this disadvantage somewhat, you cannot completely eliminate it as a larger athlete. On the flip-side, if you're a smaller athlete who does well in heat, you can gain an advantage in hotter climates.

Race it: Ironman Texas, Ironman 70.3 Pucon, Challenge Philippines



TECHNICAL COURSES

Although mainstream triathlon is generally a lot of riding in a straight line, there are a few courses where riders with great handling skills can set themselves apart.

Race it: Escape From Alcatraz features tight turns and tricky descents, Ironman France features more than 20,000 feet of climbing and lots of technical descents, while Ironman Wisconsin is consistently hilly with more than 80 turns. Challenge Knoxville and the Cannes International Triathlon are also known for being hilly and technical.



Ironman
Arizona



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IN THE SWING OF THINGS

Kettlebell training could be the perfect combination of strength and cardio work for endurance athletes.

BY MACKENZIE LOBBY HAVEY

IN A RECENT STUDY IN THE JOURNAL OF STRENGTH AND Conditioning Research, researchers took a group of NCAA soccer athletes and prescribed a kettlebell workout three times per week to half of them and a more traditional circuit training workout to the others. At the end of the four-week protocol, the kettlebell group increased VO_{2max} by an impressive 6 percent, while the circuit group saw no such improvement.

Since kettlebell exercises tend to be more dynamic than lifting free weights or machines, they serve as an ideal complement to multisport training. "You move with the weight through all planes of motion," explains Jessica Dollar, a USA Triathlon-certified coach and kettlebell instructor. "Learning to move with weight is different than just pushing weight on a machine."

She suggests that most men can start with a 20-kilogram bell (44 pounds) and most women a 16-kilogram bell (36 pounds), but that will depend on your current level of strength. Mike Robertson, the president of Robertson Training Systems in Indianapolis, advises, "In most cases, erring on the side of going too light is always the best option so you're less likely to get injured; however, with exercises like cleans or swings, sometimes if the kettlebell is too light, it throws things off."

This is why working with a trainer for your first couple kettlebell workouts is advantageous. What's more, they can help you perfect your form and technique, which can make or break these exercises. "The most important thing to remember is to keep your back flat throughout," says Robertson. "Most of these exercises work through deadlifting- or hinging-type patterns, so make sure to work that motion with light weights and slow and controlled exercises before moving into more explosive and dynamic kettlebell variations."

Dollar also emphasizes the importance of easing into any new exercises. "More is not better. Keep your strength routine simple and recover well," she says. "If your weight is heavy enough, a few sets of 3–5 reps per week will be a great addition to your training."

two kettlebell moves to try:



▲ KETTLEBELL SWINGS

With your feet hip-width apart, squat down and grip the kettlebell with palms turned toward your body. Stand up with your core engaged and back flat before lowering back down with your butt out (think gorilla) and your weight on your heels. At this point, the exercise becomes more explosive as you drive your heels into the floor and begin shifting forward, stand up and quickly swing the weight upward in front of your body with your arms fully extended. As the weight swings back down, brace through your heels and hinge at the hips as the bell swings between your legs. Using that momentum, continue to repeat the swing.

▼ GOBLET SQUAT Stand with your feet shoulder-width apart and hold the bell with both hands on either side of the handle in front of your chest. In a front squat motion, lower your body downward with your chest out and your back flat. When your hamstrings meet your calves, pause for a few seconds, then return to your starting position.



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POWER TRIP

Thought power was just for the bike? Think again. The Stryd power meter is designed specifically to improve running efficiency. **BY KRISTEN LEGAN**

AS WEARABLE TECHNOLOGY TAKES the fitness community by storm, one small start-up from Colorado is getting into the game. Stryd recently introduced the world's first power meter for runners.

For years, power meters have helped cyclists track their fitness through objective metrics. Unlike heart rate, an athlete's power numbers won't easily fluctuate from outside factors such as temperature, wind, stress or daily caffeine intake. For the first time, with the Stryd wearable device, runners have the opportunity to experience the advantages of training with power as well.

After testing the Stryd power meter this winter, I was impressed with how easy the system is to use and was blown away by the incredibly affordable \$150 price tag. For triathletes who are accustomed to paying five times (or more) than that for a bike power meter, Stryd's running power meter is a steal.

It's also exciting to see how this new data can help runners improve speed and efficiency.

It often takes years or decades to find your naturally optimal stride, but the Stryd power meter could dramatically decrease that learning curve. In many ways Stryd is much more than just a power meter.

HOW IT WORKS

The small pod-shaped sensor clips to the waistband of running shorts and sits gently against the lower back. With the sensor at the runner's center of mass (lower back area), the power readings are more accurate than if placed on the extremities (shoe or wrist).

The Stryd sensor detects both the runner's force and velocity, using this data to produce an instantaneous power reading. Force is measured from the impact forces created as the runner's foot hits the ground with each step. Velocity is measured using high-resolution motion sensors that calculate how the runner's body is moving through space. A complex algorithm is used to calculate both force and velocity, resulting in the runner's power.



STRYD POWER METER (\$150)
Stryd.com

RUNNING WITH POWER

The Stryd power meter is a tool for improving running efficiency. This is where cycling and running differ in terms of training with power. For cycling, achieving higher power numbers throughout a season typically means an athlete is getting stronger and faster. However, with running, the goal is to use the smallest amount of energy and get lower power numbers for a given running pace. So the fastest runners will typically run with lower power numbers than less efficient or slower athletes.

Runners can achieve lower power numbers by improving running efficiency. The Stryd device allows runners to test different cadences, stride lengths, foot strikes and more to find their lowest sustainable power number. With this information, athletes can determine their optimal running form.

AVAILABILITY

Stryd is currently planning a full public launch of the device at the end of the summer. Along with the power meter itself, Stryd will also launch its app and training platform to track and analyze power data. Also, watch for several high-profile triathletes to join the Stryd team this season.

COMPATIBILITY

With Bluetooth and ANT+ capabilities, the Stryd power meter works with most watches and training devices. Current smart watches typically come with a power protocol already built in and will easily pair with the Stryd power meter. You can also use Bluetooth-capable smartphones with the device by downloading the free Stryd app.

Power data generated from the Stryd will seamlessly upload into existing training platforms, and the company has also been working with training software brands to create better coaching platforms that will easily manage all the new data and metrics produced from the power meter.

The device itself is powered by a small watch-style battery that can easily be replaced when needed. Stryd estimates the lifespan of each battery to be about one year, depending on the level of use.

Running power meter technology is exciting and opens new doors for coaching and training. The prototype Stryd device I tested generated impressive feedback after just a few trial runs. However, the true test will be how this form and efficiency feedback can influence an athlete's long-term development. Over the next few months, *Triathlete* will put the Stryd power meter to the test and share our in-depth findings and opinions on the effectiveness of running with power.

How to train like a triathlete...

START HERE

GET TO WORK
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DRINK A PROTEIN SHAKE WITH CHIA AND FLAX SEEDS AND EAT A HARDBOILED EGG (YOU KNOW, FOR THE EXTRA PROTEIN)

MASTERS SWIM
AT 6:00AM



WAKE UP
AT 5:00AM

SNACK ON SOME ALMONDS AND A BANANA

INSTAGRAM A PHOTO OF YOUR RUNNING SHOES

TWEET ABOUT YOUR GRELING WORKOUT

EAT A WHOLE-WHEAT BAGEL WITH PEANUT BUTTER AND DRINK AN EXTRA LARGE CUP OF COFFEE

SNACK ON A HANDFUL OF BLUEBERRIES

RUN A QUICK 5K AT LUNCH

"KEEP IT LEAN" BY EATING A SALAD TOPPED WITH CHICKEN (YOU KNOW, FOR THE EXTRA PROTEIN), QUINOA (EVEN MORE PROTEIN) AND ORGANIC SUN-DRIED TOMATOES



IN BED
BY 9:00PM



HOME BY 5:30PM
(AND QUICKLY OUT THE DOOR
FOR A 1:30 TEMPO RIDE)



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WALK THIS WAY

Depending on your goals, a run/walk method could get you to the finish line faster—and in greater comfort. **BY MACKENZIE LOBBY HAVEY**

FOR SOME TRIATHLETES, THE IDEA OF WALKING

during the run portion of a race is out of the question. You'd rather shamble along with your last ounce of energy and fall across the finish line than walk, right? New research suggests that you should give yourself a break, showing that in longer races like a half or full iron-distance, walk breaks might be a good idea.

For the study, German researchers looked at what differences might exist between runners who used a run/walk strategy in a marathon (running for a minute and a half and then walking for a minute) and those who simply ran the entire race. They were interested in not only who was faster, but also who felt better upon crossing the finish line.

Statistically speaking, there wasn't a significant difference between the times, but, the run/walk group was just a few minutes slower than the run-only group. With that said, the run/walk group reported less fatigue and muscle pain at the end of the race. There are a number of reasons why this is significant. Namely, less pain suggests those runners likely enjoyed the experience more and will also recover quicker. This is why the famed running coach Jeff Galloway has long preached utilizing a run/walk approach in long races.



Indeed, John Ridgley, a USA Triathlon-certified coach based in Atlanta, has found this method useful in his own training. After getting beat by a run/walk group at the Marine Corps Marathon in the late 1990s, he tried it the following year and finished under four hours. He hasn't looked back since. He now uses it in Ironman races, as well as instructing many of the triathletes he coaches to do the same.

"After researching it, I didn't do it to reduce my time," he explains. "I did it because I felt much better after every training run and race while still finishing in the same time or better."

OPTIONS TO TRY THE RUN/WALK METHOD

- Walk just the aid stations
- Run a mile, walk a minute
- Run four minutes, walk one minute

For many of his athletes who are shooting for a sub-14-hour Ironman finish, the run/walk approach helps them avoid the dreaded Ironman shuffle. "My run/walkers never get to that point," he says. "They pass people even when walking and none of them ever feel like they are wimping out doing it that way."

When it comes to employing the method, it is important to practice in training so you're prepared for race day. "For simplicity's sake, most run 4 minutes, and walk 1 minute so they don't need an interval timer; they just walk at 4 and 9 on their watch," he explains.

For racing, Ridgley also emphasizes keeping things uncomplicated so your weary mind doesn't need to process a lot of data and numbers. In stand-alone marathons he suggests running a mile and walking a minute, but for the Ironman, he simply recommends walking the aid stations.

If you plan on implementing this strategy, it is important to get into the rhythm early on in the run portion of a race. "If you are forced to walk because you're tired, it is already too late and you probably won't ever start running again," says Ridgley. "If toward the end of the run you're feeling good, you can always abandon the walk breaks and negative split the second half."

While alternating between running and walking might not be the best approach for the fastest athletes, the research shows that many of us can benefit from it. If you're concerned about wear and tear on your body or you're simply not sure you'll be able to complete a long-course event, this is a great way to boost confidence and ensure you'll hit the line in one piece.

**RUN
IN
TUNE**



Sick of the same stale iPod mix? The RockMyRun app (Rockmyrun.com) opens up a world of musical possibilities. The app (for iOS and Android) provides deejay-mixed playlists for workouts of varying lengths and intensity. Choose your tunes—the large library includes a wide variety of genres, from reggae to country to pop to

metal—according to desired run tempo, length or your mood. It's free to stream playlists of up to 45 minutes, but you'll have to upgrade to Rockstar status (\$2.99) to listen to longer ones (up to four hours). What's really cool about this app, though: The myBeat Heart feature adjusts tempo on the fly to respond to how hard you're

running as measured by heart rate, which is transmitted via Bluetooth from any wearable heart rate device.

The app's creators claim that matching music to training has been proven in third-party studies to boost performance during exercise by delaying exhaustion by 19 percent. —**JULIA BEESON POLLERO**

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INSIDE TRACK

Four purposeful workouts to help you use the treadmill to your training advantage **BY JENÉ SHAW**

Whether you're still waiting for spring to arrive or simply need more of a focus indoors, the treadmill is a useful tool to maximize your run training. Coach Brad Seng of D3 Multisport in Boulder, Colo., designed these quality sessions to keep the fun factor intact for when the treadmill gets daunting or mentally stale.

RPE/HEART RATE ZONE CHART

RPE ZONE	HR ZONE	DESCRIPTION
0	Z1	Complete rest
1	Z1	Very light walking
2	Z1	Strong walk, very slow run, easy conversation pace
3	Z1	Easy run, begin to sweat, but can hold conversation throughout
4	Z1	Somewhat strong: Still easy, sweating a bit more
5	Z2	Strong
6	Z2+	Stronger
7	Z3	Very strong: Breathing getting labored, but can still maintain pace for some minutes. Not quite race effort.
8	Z4	Olympic-distance race pace
9	Z5	5K race pace
10	Z5+	Extremely strong (almost maximal)



TRAINING SESSIONS

KEY: ' = minutes | " = seconds

1 BUFFER BUFFS HILL REPS

Warm-up

15' easy jogging with 4x20" bursts and 40" easy for recovery at the end

Main set

Repeat the following pattern 3–4 times. Do the strength exercises off to the side of the treadmill.

- 45" hard Zone 3–4/5K effort at 4–6% grade
- 5 squat jumps
- 15" sprint Zone 5 at 4–6% grade.
- 20 high knee skips
- 45" moderate Zone 2–3/half-marathon effort at 4–6% grade
- 10 push-ups
- 45" fast uphill Zone 3/10K effort at 4–6% grade
- 10 split squat jumps
- 45" moderate Zone 2–3/half-marathon effort at 1% grade
- 10 double leg hops
- 1:30 fast Zone 3/10K effort at 1% grade
- Walk 2–3' or stand on edge of treadmill to recover

Cool-down

10' easy jogging with final 2–3' walking

2 RAMP-UPS

Warm-up

15–20' building effort to top of Zone 2/RPE 3–5

Main set

- Starting at the speed where you ended your warm-up, increase treadmill speed by 0.5 every quarter-mile until you max out.
- Note that speed and then run 5' easy.
- Complete 4–6 × 45" intervals at your max. Recovery is 1' easy jogging.

Cool-down

Easy jogging for remainder of time

3 1' EFFORTS + 1K

Warm-up

10–15' easy with 4x20" bursts and 40" easy jogging for recovery

Main set

- 2x[4x1' moderate/RPE 3–7 with 30" rest after each. Include 1K at 5–10K pace after #4 of each set].
- Walk/jog easy for 2–3' between sets.

Cool-down

5–10' easy

SENG'S TREADMILL TIPS

■ Set treadmill at a 1 percent grade for all runs aside from any specific hill reps. This will ensure you are running closer to the feel of running outdoors.

■ Always have a towel and water or electrolyte drink on hand with increased sweat rate.

■ If possible, use a small fan to help keep you cooler and more comfortable, and be sure you have good ventilation.

■ Don't "race" your neighbor. Stick to your specific workout and don't worry about what speed or grade the person next to you is running.

■ Include some light stretching after your warm-up and a few minutes of easy walking as a cool-down before you get off the treadmill to re-establish your equilibrium.

4 SPLIT TEMPO RUN

Warm-up

15' easy jogging

Main set

- 10' Zone 2/RPE 3–5
- 5' Zone 3/RPE 6–8
- 2' Zone 1/RPE 1–2
- 5' Zone 3/RPE 6–8

Cool-down

10–20' easy

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It's the little things that make a difference. We don't use a race day checklist to make sure we remember our bikes. It's to keep track of the minutia that makes the difference between a great day and a miserable slog of sunburn, chafing, and scrambling to change an unexpected flat tire. We've got the big stuff, the little stuff, and the expertise to help you get it all together. When it comes to the little things, **we've got what you need.**

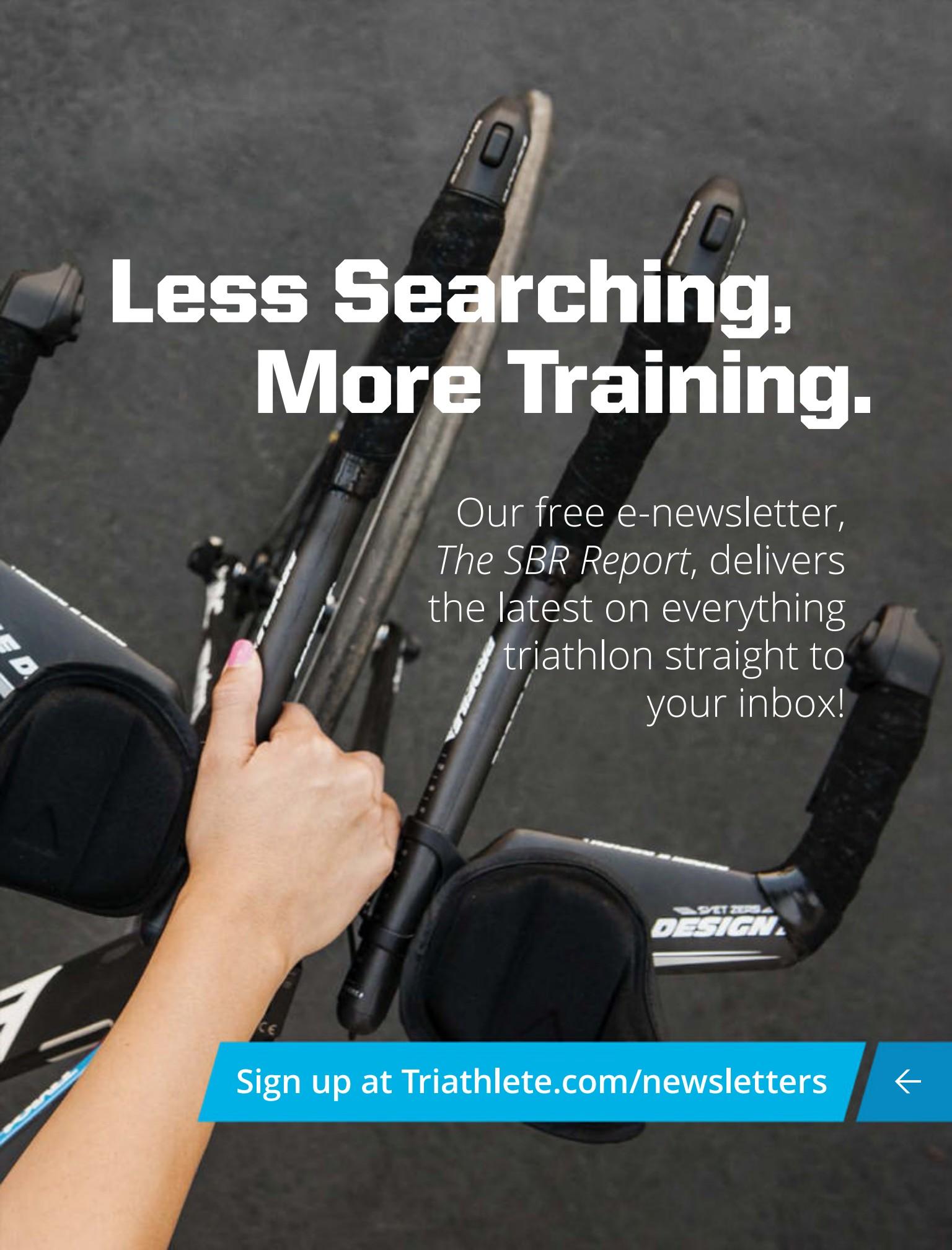
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We profile two age-group triathletes who, in their mid-40s, say triathlon has helped them achieve better-than-ever bodies. Learn from their eating and training habits to reap the holistic fitness benefits—at any age—that are unique to multisport.

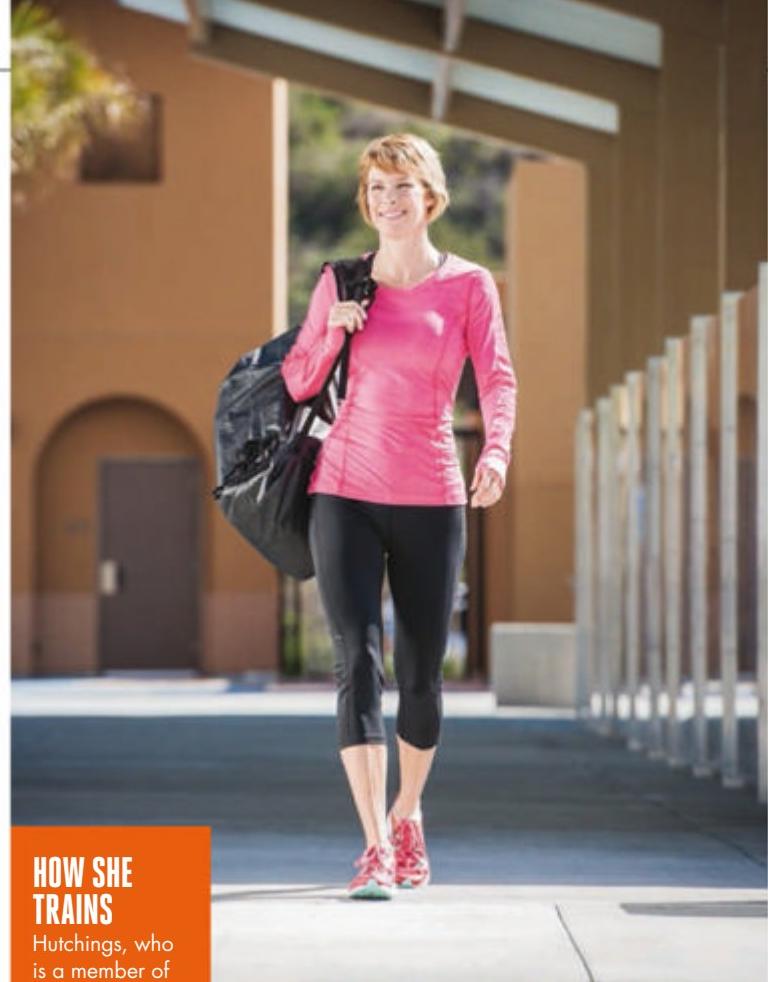
BY JULIA BEESON POLLORENO
Photographs by John David Becker

"I'M IN THE
Shape of My Life!"

Colleen Hutchings, 47, IS A FORMER HIGH SCHOOL AND COLLEGE RUNNER WHO TURNED TO TRIATHLON MORE THAN TWO DECADES AGO.

"I got burnt out on just running and getting injured all the time, so I thought I'd give triathlon a try," she says. She'd never done an open-water swim or ridden her bike on the open road, but signed up for a sprint in Torrance, a suburb of L.A. She finished that race (on a borrowed mountain bike, riding in a single gear) and has been hooked ever since. The mom of two teenagers has upped her distance to focus on half-iron-distance racing (she finished in 5:39, top 10 in her age group, at Ironman 70.3 Lake Stevens last year). She also completed her first Ironman in Arizona last year in 12:18 (and has a fresh M-dot tattoo to commemorate it). While her focus this season will be on developing her run speed and trying to qualify for 70.3 worlds, she's already eyeing her next full Ironman race—perhaps in Germany in 2017 to ring in her 50th birthday.

In addition to her swim, bike and run workouts, Hutchings, who is mostly retired from a career as a dental hygienist, makes sure to squeeze in at least one yoga class per week, as well as some kind of strength training session such as a CrossFit class. "I've always had some level of fitness from running, but I feel more fit and in shape as far as my core and upper body, and I attribute that to the cross-training that triathlon encourages—it's just better for my body," Hutchings says. "I'm in the best shape I've ever been in my life, and I'm almost 50."



HOW SHE TRAINS

Hutchings, who is a member of the P5 Racing Team in Westlake Village, Calif., trained an average of 11–12 hours per week for IMAZ, structured as:

- 4 one-hour swims
- 2 Computrainer bike workouts
- 2 road rides
- 4 run workouts: speed session, long run, 2 transition runs

When it comes to her food philosophy, the operative word is *clean*. "I try to keep a well-rounded diet that includes complex carbs, protein—both plant- and animal-based—and good fats," she says. While she generally steers clear of processed foods and sugar, she allows herself an "off day" to indulge in her favorite treat foods, like chocolate chip cookies.

Instead of three square meals per day, she will eat five to six small, balanced meals. "If I'm eating whole foods and not processed crap, I feel like my body will burn through it cleanly, and more efficiently," says Hutchings. A favorite morning ritual is home juicing: A few times per week Hutchings will create a kale-apple or beet blend or a lemon-turmeric tonic to promote recovery.

WHAT'S ON THE MENU

Hutchings will eat 5–6 small meals per day to fuel training and recovery. Some go-to options:



Handful of nuts and an apple

Salad with protein such as salmon



Protein shake (she's a fan of plant-based brand Ojio Sport)



Bowl with rice, beans and protein such as chicken or steak

CLEAN FUELING

For in-training nutrition, Hutchings opts for real food whenever possible. For long rides, she'll carry peanut butter sandwiches, pretzels and a pear.





Graham Stringer OF EDMONTON, CANADA, DISTINCTLY REMEMBERS THE MOMENT HE DECIDED TO CHANGE HIS LIFE.

It was 2004, and he had just returned from a family vacation and saw a photo of himself showing the extra 20 pounds he'd accumulated since "life took over." He'd been a competitive swimmer since age 5, but had stopped racing in his mid-20s and hadn't exercised in years. "I looked at the picture and it blew me away, just how big I'd gotten," he says. A work colleague suggested they sign up for a sprint triathlon, and with only six weeks of training he finished top five in his age group. "I thought that if I can do that well with so little training, why not use this to get back into the competitive thing?" he says. "I was addicted." He jumped into a couple more sprints and numerous Olympic events, finished well and was encouraged to do his first half-Ironman in Galveston, Texas.

Eleven years after his first triathlon, balancing fitness and racing goals with family and work remains a challenge for Stringer, especially because he's often on the road for his job with Computer Sciences Corp. "This week I've done six flights related to business, next week is four flights—I'm usually gone two days each week, sometimes more," says the 48-year-old father of three boys ranging from toddler to teenager.

His secret to fitting in his training? He schedules it in like any other obligation. "Absolutely key for training while on the road is putting it into the calendar," he says. "If you don't put it in your calendar, somebody else will fill the time for you." The upside of travel, Stringer says, is that the evening often becomes the ideal time to work out: "It's not hard to block off three hours because you're not being bothered with phone calls, so I'll often do a double workout in the evening—maybe I'll do

core work followed by a run. I keep a bit of my own personal Rolodex of where the pools are so I can do a swim and a run."

When he is home and in full training mode, Stringer, who these days is focused on the Olympic distance, sometimes bookends the day with workouts, rising at 4:30 or 5 a.m. each morning to fit in a 30-minute run before breakfast and a full day of meetings and then will train again after the kids have gone to bed. He's also "big on TRX and getting coaching along the way where there is an athletic weakness." He recently began working with an athletic therapist who has him focused on building functional core strength, which had become a weakness.

Stringer describes his eating as "pretty OCD" when he's preparing for a goal race, choosing to eliminate certain things from his diet rather than moderate. "In training I'm cutting back all the discretionary, fun carbs," he says. "I love to have my French bread before dinner, and I'm a sucker for potato chips and I love my red wine. I find it's easier to go cold turkey on some things rather than limiting it. Rather than just saying I'll have one glass of wine, I'll just say from January to May no alcohol."

Since Stringer does a lot of the cooking at home, he'll feed his family one meal—maybe a big cheese lasagna—and toss a piece of lean protein on the grill for himself. "The barbecue makes it easy," he says. He also uses an app called Lose It! to keep his diet on nutritional track. "The intent of the app is for people who want to lose weight and are really calorie conscious, but I use it more to track my relative protein, carb and fat mix," he explains. "When you're training twice a day, counting calories is kind of pointless, but I really pay attention to protein." ■



HOW HE TRAINS

With a busy travel schedule—sometimes six flights in a week—and three sons, Stringer has to get creative with training. One tip: Schedule training like a meeting. "If you don't put it in your calendar, somebody else will fill the time for you."

FEED THE MACHINE

How Stringer fuels—and rewards—his workouts



In training:
Gu
Protein bar
Nuun
Powerade and water blend



After a big training day:
Pancakes



After a goal race:
Red wine and Italian pasta meal





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EAT TO *thrive*

Working to achieve a racing weight goal while also trying to fuel your body for sports performance can be tricky. You want to give your body the nutrition it needs to power workouts and feel good in training, but you also want to get—and stay—lean and light. It's a challenge that pro triathletes and twin sisters Laurel and Rebeccah Wassner know well. Here the creators of the popular Athlete Food blog (Athletefood.com) share their advice—and favorite foods—for balanced eating that will help you achieve total fitness.

**BY LAUREL AND
REBECCA WASSNER**

food and training diary

A three-day sampling of how we fuel our workouts



day 1

Early in our careers we got way too familiar with the nutritional fail.

We skipped meals to cram in extra workouts, and then we bonked. We traveled to races without a stash of homemade snacks, and ate peanut butter cups and Combos for dinner in the airport.

Slowly we got nutritionally savvy, and traded our air breakfasts for a scoop of nut butter or steel-cut oats mixed with quinoa. We figured out which sandwiches will survive a pat-down by the gruffest TSA agent. And now, after more than 15 combined years of training and international competitions, we have a proven repertoire of dishes that are quick and easy to make, packed with nutrition and will satisfy both our voracious triathlete appetites and our families' expectations of deliciousness.

A few years ago, we teamed up with our food-writer friend Melissa Lasher to create our blog, AthleteFood.com. There we feature recipes that center on three simple concepts:

Make every bite count. We constantly ask ourselves how to pack more nutrition and flavor into a smoothie, bowl of pasta and even our favorite treats. We've found that the key to maintaining a good weight and eating a consistently nutritious diet is to strike a balance between eating for pleasure and nutrition. Bacon? Yes, please. But we'll make it count by using it to flavor a pot of soup, a cup of salad dressing or add salt and crunch to a big salad.

Time your meals right. We work out multiple times a day. Our recipes help us recover from a training session and prepare for the next one.

Plan ahead. Planning is the best defense against returning from an evening run and eating a haphazard snack like a scoop of peanut butter, canned chickpeas and a handful of my daughter's Goldfish. (Yes, that really happened. So did the stomachache right afterward.) We aim for realism: Are we going to come in from that run and make the homemade guacamole and salsa for fajitas? No. But if we spend 30 minutes making stovetop fajitas earlier in the day, we'll have dinner on the table before we tear through the entire bag of Goldfish.



“
For an
extra buzz
before
the final
workout of
the day!
”

WORKOUTS

5K swim, 2-hour bike, 25-minute run

FIRST BREAKFAST

Steel-cut overnight oats with dried cherries, ginger, almonds

SECOND BREAKFAST

Avocado toast with sea salt, red pepper flakes and toasted sesame seeds

LUNCH

Bagel sandwich with cheddar and fig jam, pretzels

SNACK

Crispy bars

SNACK 2

Espresso and dark chocolate

DINNER

Stovetop chicken fajitas

crispy bars

Stash these in your jersey pocket for real-food ride fuel.

ingredients

4 cups brown rice cereal
1 T coconut oil
 $\frac{1}{2}$ cup brown rice syrup
 $\frac{1}{2}$ cup sunflower seed butter
1 T honey
 $\frac{1}{4}$ cup cacao nibs or
 $\frac{1}{2}$ cup mini chocolate chips
2 T hemp seeds
Pinch of Maldon sea salt flakes

directions

In a large microwaveable bowl, melt the coconut oil. Add rice syrup, sunflower butter and honey to the bowl with the coconut oil and stir to combine. Put bowl back in the microwave and cook on high for 45 seconds. Stir mixture again, making sure the ingredients are well combined. Add cereal one cup at a time, stirring between additions to make sure all of the cereal is coated with the syrup mixture.

Mix in cacao nibs (or chocolate chips) and hemp seeds.

Transfer mixture to a glass baking dish and firmly press into place. (The size of the baking dish can vary; the smaller the dimensions, the thicker your squares will be. I find that a 9x11-inch pan works well, yielding about 16 1-inch thick squares.) You may have to muscle it, but you want the mixture compact so it doesn't fall apart when you cut it into bars. Sprinkle sea salt evenly on top and press it into the bars. Chill the bars in the refrigerator for at least 15 minutes and then cut into squares using a serrated knife.



tip: Can't stand measuring nut butters or sticky syrups?? Neither can we. Try greasing the measuring cup with coconut oil first. This way the sticky ingredients just slip right out and don't stick to the measuring cup.

day 2

WORKOUTS

Treadmill run intervals, 4K strength swim after run, afternoon recovery ride

FIRST BREAKFAST

Nut butter, coconut oil, honey and sliced banana on rice cakes

SECOND BREAKFAST

Egg sandwich with sliced tomato, cheddar and wilted spinach

LUNCH

Quesadilla with leftover chicken and peppers from fajitas with added Jack cheese

SNACK

Chocolate chip banana bread and endurance booster juice

DINNER

Athlete Food Protein Power Bowl

athlete food protein power bowl

The name of this dish says it all—this is a recovery super meal!

This bowl allows us to have a nutritious meal on days when we don't have time (or energy) to cook.

ingredients

3 large handfuls of fresh greens (spinach or baby kale)
1 tsp olive oil, add more if too tart or dry (better to start with less than overdress!)
Juice from half a lemon
Salt
Black pepper
1 smoked salmon filet**
5 to 6 cherry tomatoes, halved
½ cup shelled edamame
2 hardboiled eggs
½ cup black rice (brown rice or quinoa), cooked
½ avocado, sliced
1 T toasted sunflower seeds
A few jalapeño slices

directions

Fill a large bowl with greens. Add lemon juice, olive oil, salt and pepper, and toss.

Top greens with the rest of the ingredients, starting with two or three jalapeno slices and adding more if you want a real kick.

**We like to use hot smoked salmon filets. These can be found in the seafood section of the grocery store with the other smoked fish. They come in vacuum-sealed bags. If you can't find the salmon, replace it with smoked turkey slices.

ATHLETE FOOD STAPLES

Pantry

Nut butters: peanut, almond
Honey
Coconut oil
Olive oil
Dried fruit: raisins, cherries, cranberries
Nuts: whole roasted almonds, salted cashews, walnut pieces
Seeds: hemp, chia, pumpkin, sesame, sunflower
Large-flake coconut

Oats (rolled oats and steel-cut)
Sea salt

Pepper (black and red pepper flakes)
Spices: ginger, turmeric, cumin
Quinoa
Brown rice
Pasta
Bread/rice cakes
Corn tortillas
Coffee
Herbal tea
Hummus
Dark chocolate bar

Proteins

Ground bison
Seafood: wild salmon, halibut, shrimp
Chicken sausage

Dairy

Greek yogurt
Low-fat milk
Eggs
Cheeses: cheddar, goat, and a hard cheese for grating, like Parmesan

Produce

Bananas
Lemons
Limes
Carrots
Seasonal fruits for variety: peaches, melons, apples
Avocados
Seasonal vegetables for variety: asparagus, squash, tomatoes
Greens: usually kale or spinach
Sweet potatoes

Frozen

Shelled edamame
Berries for smoothies
Yogurt

day 3

ingredients

1½ tsp olive oil, divided
1 cup jarred tomato sauce, plus more for pasta
1 egg
¼ cup fresh parsley, oregano, or a mix of both, chopped
¼ cup grated Parmigiano-Reggiano
½ tsp Kosher salt
3–4 grinds black pepper
¼ cup currants (or raisins)
½ pound white meat or lean ground turkey
½ pound dark meat ground turkey

directions

Preheat the oven to 350 degrees F.

Grease a large rimmed baking sheet or roasting pan with ½ teaspoon of the olive oil.

Lightly beat the egg in a large mixing bowl. Stir in the herbs, cheese, Kosher salt, pepper and currants. Use your hands to gently incorporate the ground turkey.

Scoop tablespoons of the meatball mixture onto the greased baking sheet. Pour the teaspoon of olive oil into a small bowl, and use it to grease your hands so the meat doesn't stick to them. Roll each tablespoon of meat between your hands to form balls. If the meat won't hold a ball shape, stick it in the freezer for 15 to 20 minutes to firm up.

Transfer the meatballs to the baking sheet and spoon sauce over each meatball, generously coating each one. Bake for 25 minutes.

Remove the meatballs from the tray and discard any sauce left in the pan. Serve with tomato sauce and grated Parmigiano-Reggiano over pasta or in a sub roll.

WORKOUT

5-hour bike ride

BREAKFAST

Green smoothie bowl with granola, toast with almond butter, bananas and toasted coconut

LUNCH

On the bike! Gels, drinks and homemade energy bars

SNACK

Recovery smoothie, carrots & hummus

DINNER

Athlete Food turkey meatballs and spaghetti, and apple crisp and frozen yogurt for dessert

athlete food meatballs

This twist on a classic is both healthy and filling.

We keep trays of meatballs in the freezer and let them defrost overnight in the fridge so that dinner after a big ride is just a few microwave minutes away.



KEEP UP WITH THE WASSNERS

Yield: Meatballs for four pasta dinners or four meatball subs. The meatballs keep for three days in the fridge or two months in the freezer.

Follow the twins and their training and racing pursuits on Instagram:
@athletestyle (Laurel) and @athletefood (Rebeccah).



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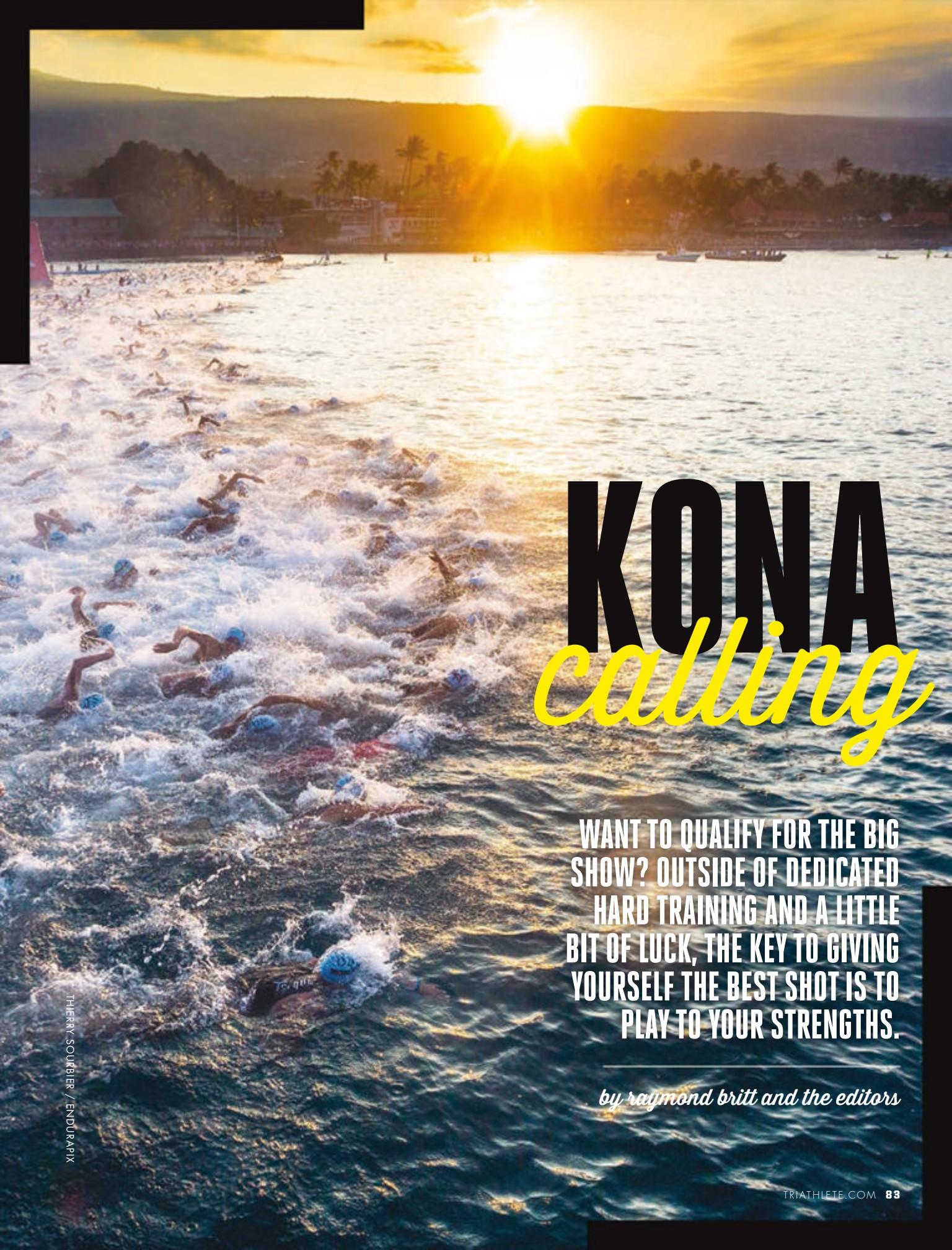
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by raymond britt and the editors

JUST OVER 2,000 OF THE BEST ATHLETES

in the world get to race in the Ironman World Championship every October, and the competition to qualify is fierce. If you want to improve your odds of getting there someday, you'll need a strategy based on your strengths in each discipline.



We enlisted Raymond Britt of RunTri.com to slice and dice race data from the 41 Ironman events on the calendar in 2015, with a closer look at the North American events, and categorize them based on difficulty of each segment. On the next page, he ranks 12 North American races based on

the average finishing times across multiple years (when possible) of each segment to show where the competition is slowest (and often where that portion of the course is most difficult).

"If you want to have a better chance to qualify for Kona, pick races that show red in your particular strengths," Britt suggests. "Red ratings

mean the course is too tough for most, but if you have the ability to absolutely excel and crush those red legs (no pun intended), your odds of finishing way above average—much closer to your goal of getting to Kona—will be with you."

Simple rationale: If you're among the best and strongest in a certain discipline, pick

races with the slowest average times in that area. For instance, if you're a super cyclist and you see Ironman Lake Placid's average bike split is 7:16, it's a race to consider. That 7:16 is the result of most of the field riding far slower. If you are a weak swimmer, look for a course that aids your swim time, like the downstream Ironman Louisville or the current at the end of the swim at Ironman Austria.

"The weak swimmer may want to choose Austria; a good swimmer but slower cyclist, say, would have far less of an advantage in the water in Austria," Britt says. "Better he not choose that course, but go for one that's choppy and unpredictable where he can cut through much faster than the rest, and have an advantage of minutes over his Kona competition."

Note: Judging a course based on finishing times is an imperfect science because it's difficult to take into account the quality of field and consequential faster times, but the average times for each segment are interesting to note when you're scoping out a potential race.

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TARGETING YOUR BEST QUALIFYING BET

Britt analyzed toughness of the North American races, but consider these questions when researching your next 140.6 in another part of the world.

Climate: What is the typical forecast on race day? Given your race history, do you do better in hot or chilly race conditions?

Swim: Is it an ocean swim with the chance of rough water (which will really benefit stronger swimmers)? Does it historically have cold temperatures (and how does your body deal with that)?

Bike: What is the elevation gain? Do you climb well, and does your home environment lend itself well to training on hills? What types of hills are they—long, gradual inclines or short, steep grades? Is wind a factor?

Run: Similar to questions surrounding the bike leg—what's the total elevation? Is it exposed or shaded? On all road or some trail?

Quality of the field: Finishing times in races with a high-density population of talented triathletes (such as Germany or Australia) and an overall much higher male ratio will generally be faster, so look at the top 5–10 people in your age group. Are their times close to what you're capable of? Are there a couple outliers, or are the top contenders around the same finishing time?



TOUGHEST OVERALL

Event	Swim	Bike	Run	T1+T2	Finish
Lake Tahoe	1:18	7:16	5:05	0:25	14:06
Boulder	1:22	6:23	5:33	0:19	13:38
Louisville	1:26	6:27	5:12	0:14	13:20
Texas	1:25	6:12	5:24	0:15	13:19
Wisconsin	1:20	6:29	5:09	0:16	13:16
Coeur d'Alene	1:21	6:26	5:04	0:15	13:07
Lake Placid	1:17	6:37	4:56	0:13	13:05
Maryland	1:30	6:02	5:13	0:13	13:00
Canada	1:19	6:27	4:56	0:08	12:53
Arizona	1:20	6:13	4:59	0:16	12:48
Florida	1:21	6:03	4:57	0:16	12:38
Mont-Tremblant	1:17	6:17	4:41	0:16	12:31

TOUGHEST SWIM

Event	Swim
Maryland	1:30
Louisville	1:26
Texas	1:25
Boulder	1:22
Coeur d'Alene	1:21
Florida	1:21
Arizona	1:20
Wisconsin	1:20
Canada	1:19
Lake Tahoe	1:18
Lake Placid	1:17
Mont-Tremblant	1:17

TOUGHEST BIKE

Event	Bike
Lake Tahoe	7:16
Lake Placid	6:37
Wisconsin	6:29
Louisville	6:27
Canada	6:27
Coeur d'Alene	6:26
Boulder	6:23
Mont-Tremblant	6:17
Arizona	6:13
Texas	6:12
Florida	6:03
Maryland	6:02

TOUGHEST RUN

Event	Run
Boulder	5:33
Texas	5:24
Maryland	5:13
Louisville	5:12
Wisconsin	5:09
Lake Tahoe	5:05
Coeur d'Alene	5:04
Arizona	4:59
Florida	4:57
Canada	4:56
Lake Placid	4:56
Mont-Tremblant	4:41



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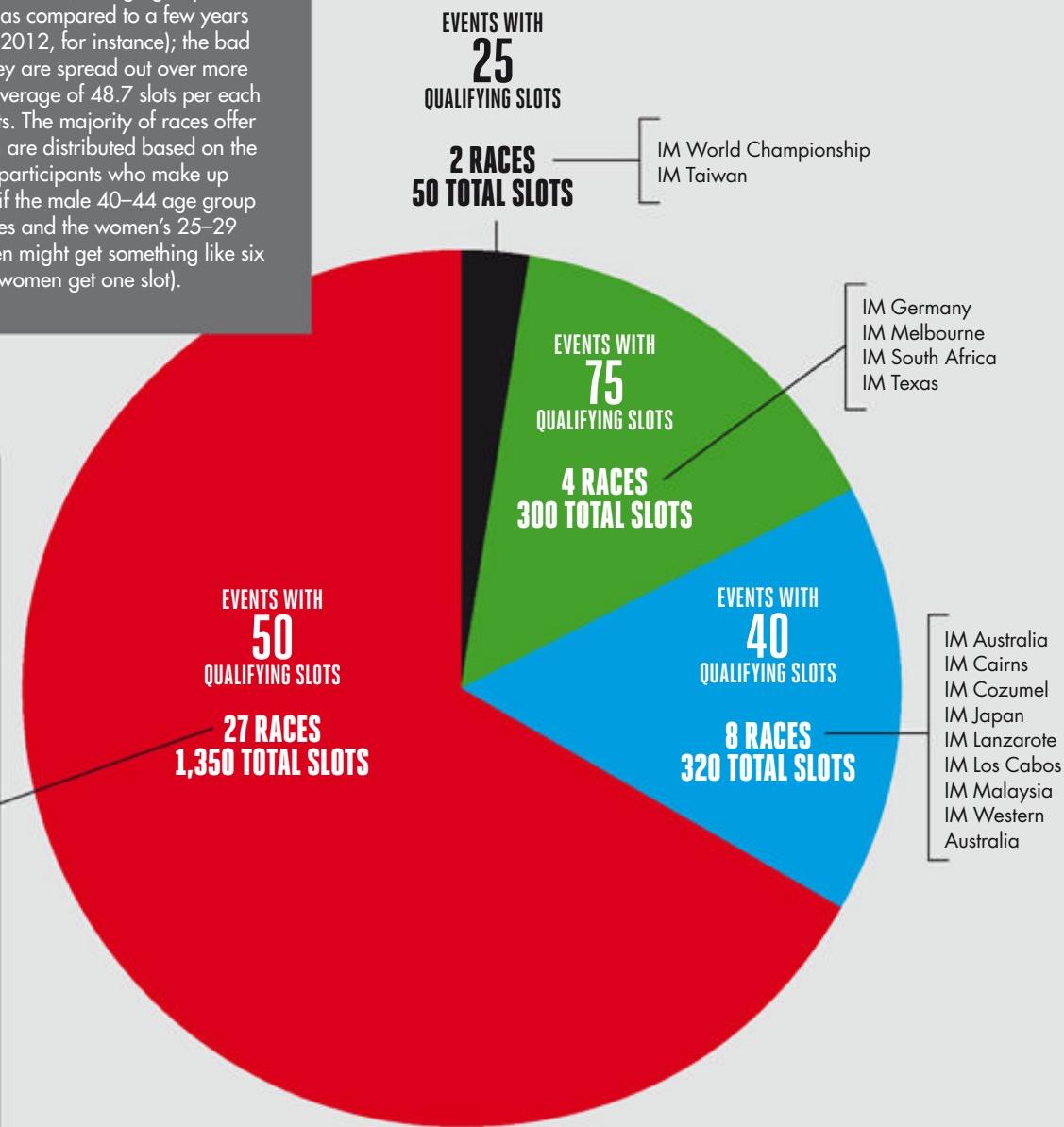
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WHERE ARE THE SLOTS?

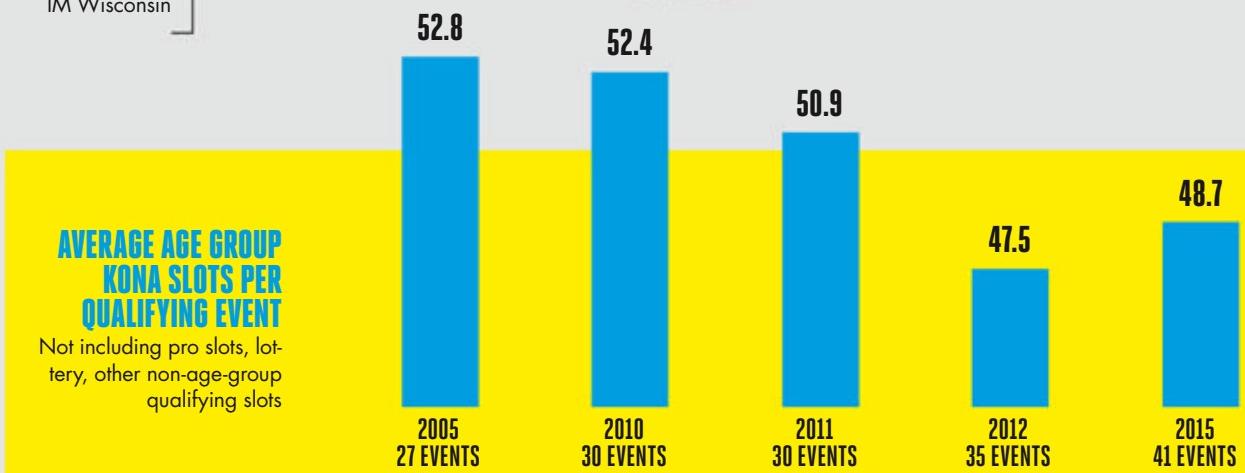
The good news is that there are more slots overall (2020 in 2015) for age-groupers to get to Kona as compared to a few years ago (1,662 in 2012, for instance); the bad news is that they are spread out over more races, for an average of 48.7 slots per each of the 41 events. The majority of races offer 50 slots, which are distributed based on the percentage of participants who make up the field (e.g., if the male 40–44 age group has 500 athletes and the women's 25–29 has 50, the men might get something like six slots while the women get one slot).

- IM Arizona
- IM Austria
- IM Barcelona
- IM Boulder
- IM Brazil
- IM Canada
- IM Chattanooga
- IM Coeur d'Alene
- IM Copenhagen
- IM Florida
- IM Fortaleza
- IM France
- IM Lake Placid
- IM Lake Tahoe
- IM Louisville
- IM Mallorca
- IM Maryland
- IM Mont-Tremblant
- IM Muskoka
- IM The Netherlands
- IM New Zealand
- IM Sweden
- IM Switzerland
- IM UK
- IM Vichy
- IM Wales
- IM Wisconsin



AVERAGE AGE GROUP KONA SLOTS PER QUALIFYING EVENT

Not including pro slots, lottery, other non-age-group qualifying slots



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Aaron Bachman

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A male triathlete is shown from the waist up, running towards the camera on a paved road. He is wearing a black and grey short-sleeved shirt, dark shorts, and blue running shoes. He has a blue wristband on his left wrist and a watch on his right wrist. The background shows a coastal or beach area with sand dunes and buildings under a clear sky.

A spot at the Ironman World Championship is the reward for a relentless work ethic and determined mind, but you can improve your odds of getting in by training—and racing—smarter. Take a cue from age-group triathlete (and this month's cover model)

Travis McKenzie, who punched his Kona ticket for the first time in 2014.

by julia beeson polloreno

HOW I qualified

JOHN DAVID BECKER

race HAPPY

T ravis McKenzie was exposed to triathlon as a kid in his native Australia, traveling with his dad, an Ironman athlete, to races. From about 10 years old, he'd spend his summers spectating at the races, often competing in any accompanying kids events. When his dad qualified for Kona and competed there in 1992, the McKenzie family traveled to the Big Island to cheer him on, and it sparked another triathlon dream. "I got to run down the finish straight with him, and in that moment I thought, 'I really want to do this race someday,'" says McKenzie. "I looked up to my dad and guys like Mark Allen and Greg Welch, and I knew that one day I wanted to do that race."

Despite an interest in multisport, McKenzie spent his teenage years playing Australian football and hoped to eventually turn pro. However, a series of injuries and circumstances led him to abandon the sport at 20, and he turned his attention back to triathlon, signing up straight away for Ironman Australia. "I was a bright-eyed 20-year-old but really naïve about what it really took," he recalls. "Over the next few years I did three or four more Ironmans and in the back of my mind thought it would be great to qualify for Kona but didn't really have the laser focus that it requires."

In 2011, McKenzie broke his leg in a pickup football game, and used triathlon to get himself back into physical shape (ultimately dropping 60 pounds), with the goal of racing Ironman Arizona. "I used Ironman Arizona in 2012 as a life transformation—I really got back to fitness and health through Ironman," he says. Slowly ramping up his

training over the course of a year, he made it to the Arizona finish line in 9:57.

"Kona was still in the back of my mind but I never really thought it was possible," says McKenzie, who works as a global events manager for Lululemon in Vancouver. "I started to get fitter, and in smaller races and in half-Ironmans I was finishing on the podium with guys who were going to Kona, and I started to believe it was possible. From there I just really dug into the things I needed improve on—my run is something that I've really worked on in the last few years—and I concentrated on nutrition and all the small details that take you from one level to the next."

The goal last year was to qualify for Kona at Ironman Texas, but McKenzie, who averaged about 12 training hours per week, decided to race Ironman Melbourne beforehand as a training race. "I got to Melbourne and was feeling really good and had a strong race and ended up qualifying for Kona," he says. He punched his ticket with a 9:06 finish on a course that played to his strengths (strong swimmer in rough water, flat and fast bike course for the power cyclist and a one-way run course for a self-declared "head-down, rhythm runner").

A bike accident during a training ride last June threw a wrench into his training for Kona 2014 (where he still finished in 10:40) but McKenzie is determined to return to race on the Big Island. "Now, the motivation has never been higher to get back to Kona and keep going back because it's just an extraordinary experience," he says. "I know what it takes and I want to have the race I know I can have."

Doing the physical work to prepare for a solid qualifying performance is of course important, but having a strong mental game is equally essential, advises McKenzie, who is self-coached. "For me in Melbourne, it was about being really happy and not feeling a lot of pressure on myself to do anything special," he says. "I was going there to have some fun and catch up with family and friends, and I was really in a good place mentally. I was prepared for the race, but I wasn't

pressured. It was about being around people I love and care about and the joy of racing and competing that was special about that qualifying race."

Self-belief is also paramount, he says. "A lot of the self-belief came from the training, just feeling like I was doing the work, but another part of it is having a good support network around you of people who are invested in your goal and dreams, whether that's a training partner or significant other or even family members or colleagues. I have

a great support system at work where people know I'm getting out in the middle of the day for a swim or a run and it's not a question of why. It's about not listening to the people who say it's hard and you can't do it."

QUALIFYING RULES

Mckenzie's top tips for nabbing a Kona slot.

1

Consistency is key.

"Instead of training 25 hours one week and then zero hours the next, you're better off doing two weeks of 12.5 hours."

2

Be patient.

You're probably not going to improve massively in six months to a year; it's going to take 2-3 years, he says, "so be committed to the process and patient with it."

3

Keep it fun and social.

"It's not work for most of us and shouldn't feel like a chore. It should be something you look forward to doing."



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JAVA JOLT

These three products for coffee lovers provide a workout-friendly fix.

BY BETHANY LEACH MAVIS

NEW GROUNDS FOOD COFFEEBAR

This organic, gluten-free bar started as a funded Kickstarter project by two coffee-loving college kids. Each mocha latte-flavored bar contains the caffeine equivalent of a full cup of coffee, in addition to other all-natural ingredients such as dates, oats, chocolate chips, almond butter, cashews and chia seeds. The taste will suit black coffee drinkers (the bar only has 10 grams of sugar), or anyone looking to fight sugary flavor fatigue on a long ride. It also has a slim profile that makes it perfect for jersey pockets. In each 2-ounce bar are 190 calories, 28 grams of carbs and 4 grams of protein.

\$3, Newgroundsfood.com

POCKETFUEL COLD BREW COFFEE ENERGY SHOTS

If you can't get past the long list of ingredients on some energy gel packets, try these all-natural energy shots for some mid-race or mid-workout energy. The vegan shots utilize cold-brewed organic coffee (cold brewing reduces the acidity of coffee) mixed with coconut milk in three different flavors: java, mocha (with cocoa) and vanilla. The texture is similar to pudding, and the flavor is perfect for coffee lovers or those tired of super-sweet products. Each 1.15-ounce packet contains 31–33 calories, 6–6.5 grams of carbs and 70 milligrams of caffeine.

\$1.49, Pocketfuelnaturals.com

PICKY BARS SMOOTH CAFFEINATOR

There are so many delicious flavors going on in this bar—roasted coffee, chocolate chips and hazelnut—and they combine harmoniously in this crave-worthy bar that's perfect pre-workout fuel. Co-created by the pro athlete trio of Jesse Thomas (*Triathlete* columnist), and elite runners Lauren Fleshman (also Jesse's wife) and Stephanie Rothstein Bruce, this mildly crunchy bar is made with real-food ingredients and has a sweater flavor than the other two products in this review. Each gluten-free, 1.6-ounce bar contains 200 calories, 28 grams of carbs, 7 grams of protein and 25 milligrams of caffeine for a gentle jolt when you need it.

\$2.75, Pickybars.com

Four ways to use ...

ALMONDS

A heart-healthy nut rich in monounsaturated fat, almonds boast many other health benefits that endurance athletes don't want to miss out on. They are an abundant source of vitamin E, a powerful antioxidant, and they contain a significant amount of magnesium, which improves the transport of nutrients and oxygen to the body by assisting blood flow. Almonds have also been shown to help to control blood sugar levels, making them a smart addition to meals, as well as a great snack. In fact, a handful of almonds (1/4 cup) contains 5 grams of protein. Almonds show off their versatility as a tasty addition to both sweet and savory dishes in these four recipes. **BY JESSICA CERRA**



◀ MARCONA ALMOND ROMESCO

Marcona almonds have a slightly softer, sweeter texture, making them a great addition to sauces like this romesco sauce. Toss in pasta, dollop into wraps, spread onto pizza or scoop up with veggies. In a sauté pan, toast ½ cup Marcona almonds over medium heat until fragrant, about 3–5 minutes, remove and reserve. In the same pan heat 2 tablespoons olive oil and sauté 1 tablespoon garlic for 1 minute. Add 1 15-ounce can fire-roasted tomatoes and ½ cup dry white wine and sauté for 10 minutes. Remove from heat and let cool for 10–15 minutes. In a blender or food processor, combine the almonds and mixture from the pan with 1 cup roasted red peppers (from jar, drained and rinsed), 1 tablespoon chopped fresh parsley and salt and pepper to taste. Serve warm immediately or store in the fridge.

▲ ALMOND FLOUR PANCAKES

Almond flour makes a great substitution in this pancake recipe (in fact, you might never want to go back to regular flour!). These pancakes are a clean palate for your favorite add-ins or toppings like berries, bananas, chia seeds or yogurt. In a bowl, whisk together 2 large eggs, ¾ cup vanilla almond milk, and 1 teaspoon pure vanilla extract. Add 1¼ cup almond flour, 1 teaspoon cinnamon, 1 teaspoon baking powder and a pinch of salt. Gently stir the ingredients together, and drop ¼ cup-sized dollops onto a prepared griddle or skillet. Cook for about 3 minutes, until bubbles form, and gently flip to cook for 1–2 minutes on the other side.

Jessica Cerra is the owner of Fit Food by Jess, a private chef and catering company in Encinitas, Calif., and the co-founder of Harmony Bar. A former professional XTERRA triathlete, Cerra now races for Twenty16 Women's Professional Cycling Team.





Frozen

SAMBАЗОН АÇАÍ BOWLS

are a convenient way to eat nutritious açai at home—without the blender mess. Each bowl thaws in about 10 minutes at room temperature and comes with delicious Nature's

Path organic granola, which adds a satisfying crunch to the fresh cocoa-berry flavor.

Available in two flavors (açai berry, or açai berry with strawberry and blueberry), each bowl is rich in antioxidants and carbohydrates plus 5–6 grams of fiber and 3 grams of protein, making it a refreshing, filling snack or breakfast. We also recommend topping it off with any fresh fruit you have on hand!

—BETHANY LEACH MAVIS

**▲ NO-BAKE ALMOND GRANOLA BARS**

All you need to know: These granola bars have almonds and dark chocolate. Whip up a batch for dessert, or pack with you for training fuel. **Bonus: No baking required!** Line a 9x9-inch baking pan with parchment paper. In a bowl, combine 1½ cup quick oats, 1½ cups chopped toasted almonds, 2/3 cup dark chocolate (chips or roughly chopped) and ½ teaspoon salt. In a separate bowl, whisk together 1 cup creamy almond butter, ½ cup agave and 2 teaspoons pure vanilla extract. Stir this into the bowl with the dry ingredients and use a spatula to spread the mixture evenly into the baking dish. Cover and refrigerate for at least 2 hours and up to overnight. Recommend to cut into 16 pieces, individually wrap and store in fridge or freezer.

NOT A FISH FAN?

Try the almond-crusted halibut recipe with chicken breasts. Follow the same directions except bake until internal temperature reaches 165 degrees.

**▼ ALMOND-CRUSTED HALIBUT**

This is an easy way to make fish fancy and add texture to a dish. This recipe works with any white fish like tilapia or halibut. Try serving over steamed spinach, topped with the Marcona almond romesco sauce (see left). Preheat oven to 425 degrees. Set up an assembly line of three plates: one with 2 tablespoons flour, one with 1 beaten egg and one with ½ cup slivered almonds (optional to add any herb or seasoning here). Salt and pepper four 5- or 6-ounce portions of white fish. Dredge them through the assembly line, on one side only, starting with the flour, then egg, then almonds. In an oven-safe pan coated with non-stick cooking spray, sear on medium heat, almond side down for 1 minute. Flip over and put directly into the oven and bake for 10–12 minutes, until fish is just underdone. Remove and serve.



GUAVA

Give your diet a vitamin C and fiber boost by adding the flesh of this sweet, tropical fruit to smoothies, or take advantage of its naturally high pectin content by making jam or fruit sauce. Guavas are best stored out of the fridge until they soften or are cut open.



CHERRIES

Sweet cherries start to peak in late spring and continue into the summer. While cherries are plump, sweet and juicy, they have the perfect touch of tartness. This balance makes for exceptional flavor when cooked into sauces and served over chicken, steak or pork. Cherries are equally delicious halved and baked into scones, muffins and cakes. And don't feel guilty about adding a few baked goods to your spring clean menu because cherries provide a healthy dose of antioxidants, along with potassium. To maintain freshness, wash and store cherries in a sealed plastic bag in the fridge.



ARTICHOKE

Rich in fiber and known to aid in digestion, don't let preparing artichokes intimidate you. To prep, simply cut the brittle sharp ends off the top of the artichoke. Recommended to leave the stem on because it is tender and tasty once cooked. Try cutting artichoke in half, baste with olive oil, lemon, salt and pepper, and grill until lightly charred.

Grilled artichoke makes a great veggie side, a unique topping for pizza, and tasty mix-in for pasta or salads. Artichokes can also be stuffed and baked, like a pepper or mushroom. Store in a cool, dry place—not the fridge.

SPRING CLEAN YOUR DIET

Now is the time for a fresh start utilizing all the clean, bright produce the season has to offer. Spring-season fruits and veggies are at their peak and therefore contain the highest nutritional value. Don't miss out on some simple ways to use some of our favorites, many of which were recommended by growers at a local farmers' market. **BY JESSICA CERRA**

BEETS

Beets are a versatile vegetable with both the greens and root available to your menu. Beet greens can be sautéed like kale or chard, and are excellent for juicing. The more popular beet root can also be juiced, pickled, shaved raw into salads, roasted on flatbread or roasted into beet chips. Make sure to try both red and golden varieties, as beets contain powerful antioxidant, anti-inflammatory and detoxification properties. Store beets in a cool, dry place.

**PEAS**

Crisp and sometimes slightly sweet, fresh peas shine in quinoa, farro and couscous salads, while snap peas add a bright crunch to stir-fries. Check out different varieties at your farmers' market and get creative. Best stored in a sealed plastic bag in the fridge, peas are trending as a good source of vegetable protein. They are also a powerhouse of vitamins and minerals (vitamins A, B6, C and K, and magnesium, iron and zinc).

**LETTUCE VARIETIES**

Explore some of the unique lettuce varieties spring has to offer and keep salads interesting. The texture and flavor of lettuce can vary from soft, sweet and buttery (like butter lettuce) to firm, refreshing and crisp (like romaine). Try butter romaine, for example, a marriage of butter lettuce and romaine, also known as "breen." No matter the variety, lettuce is a prime ingredient for juicing because of its high water content. Lettuce is low in calories and sugar, so you can eat a large volume to help control hunger. Plus, it is chock-full of vitamin A, vitamin K and folic acid (a B vitamin key for recovery). If you buy lettuce at the farmers' market with the roots and spongy portion still attached, it's best stored in the fridge in a plastic container, filled with a small amount of water to keep just the roots moist. Otherwise, store in a sealed plastic bag.

**HEIRLOOM TOMATOES**

Heirloom tomatoes have a distinct advantage over traditional tomatoes because they are grown from a true seed (rather than hybrid) passed down from grower to grower. This lends a superior ripe, juicy and slightly sweet taste as well as unique coloring.

The range of color itself gives them curb appeal on salads, caprese, fresh salsa and grilled pizza. And their abundant flavor won't be lost in a bowl of cold, refreshing gazpacho. The No. 1 rule is to store tomatoes outside of the fridge and out of the sunlight. Ripe tomatoes shouldn't be crowded or they will rot quickly; however, unripe tomatoes will ripen more quickly when stored next to each other or another piece of ripe to overripe fruit, like a banana. Once cut open they should be stored in the fridge. Heirloom tomatoes are low in calories but high in vitamins C and K, and lycopene, known to play a role in cancer prevention.



CLIMATE CHANGE

How do you adapt your nutrition plan for a race in a climate that's different than where you train? Here's what you need to know. **BY LAUREN ANTONUCCI, R.D.**

THOSE OF US TRIATHLETES WHO ARE

not fortunate enough to live in a year-round warm-weather climate are relegated to indoor cycling and bundled-up running in frigid temps for several months each winter. Many of us select early-season races by location—a great excuse to travel somewhere warm in May. Then, as race day approaches, we realize our bodies will not be acclimated to the heat, and that our nutritional needs will be very different and intake must be adjusted. But how?

I have done early-season warmer races, including Ironman 70.3 St. Croix and Wildflower Long Course. I remember how hot I felt in comparison to my home training climate at that time of year. When traveling from a cold to warm climate, the sudden temperature increase will predispose your body to overheating sooner

and cause your sweat rate to increase as your body works to keep itself cool. Unless you have the luxury of a full two-week acclimation period to train in the race climate before race day (wouldn't that be great?), you will need to adjust your nutritional plan, goal pace and expectations, as cooling the body will divert needed blood and oxygen from both your muscles and gut (read: slowed performance and decreased digestion).

To feel your best in a hot environment, you will need to increase and pay close attention to your intake of both fluids and electrolytes. Plan your needed fluid intake based on hot-weather sweat tests from last year. If you don't have that information, know that sweat rates vary widely, but

COLD CLIMATE TO WARM RACE

In addition to your sports drink, use electrolyte tabs to keep body cool

Slightly decrease calorie intake and get most calories from fluids

Wear a visor (not a hat)

Dump water over head during race

WARM CLIMATE TO COOL RACE

Aim for the same amount of calories as in the cold

Take on less total fluids and electrolytes than during training

Carry solid foods

Dress in layers

the average endurance athlete will sweat 24–32 ounces per hour, and your winter sweat rate can double during an acclimation period, so do not rely on what you were drinking during cold-weather training. You will also need additional electrolytes as your body works to keep itself cool. I recommend using electrolyte tabs in addition to your sports drink to ensure you meet those needs. Finally, your max calorie absorption rate will be somewhat decreased, again due to blood diverted to the skin for cooling, so you'll want to slightly decrease your calorie intake goal, and choose mostly sports drinks for calories and extra fluid. Save the solid foods for cold-weather training and racing, or races later in the season when you are acclimated to the heat and able to better absorb calories. Two final tips: Wear a visor to keep the sun off your face while allowing your head to cool, and dump cool water over your head during the race.

If you live in a warm climate and plan to race in a colder climate (as my California triathlete friends occasionally do with East Coast-based me), the opposite is true. Your calorie needs will be the same in the cold as they were in the heat, but you will need less total fluids and electrolytes due to your lower sweat rate. In this case, be conscious of taking in adequate calories from gels or solids as you will be inclined to drink less total fluids. The caveat here is that you warm-weather folks need to not overdress. You can easily tell the warm-weather native running in New York in May—they are wearing all their “winter” gear while we natives are thrilled to be running in shorts in the pleasurable 50-degree “heat.” Overdressing will cause you to overheat and sweat more—increasing your needs for both fluids and electrolytes, but your brain may still tell you, “It’s cold here,” and you will then tend to overheat, under-hydrate and can become dehydrated. So, dress in layers you can remove as you start to sweat and carry solids to ensure adequate calories for longer races.

Lauren Antonucci, R.D., is a board-certified specialist in sports dietetics, three-time Ironman finisher and the founding director of Nutrition Energy in New York City.



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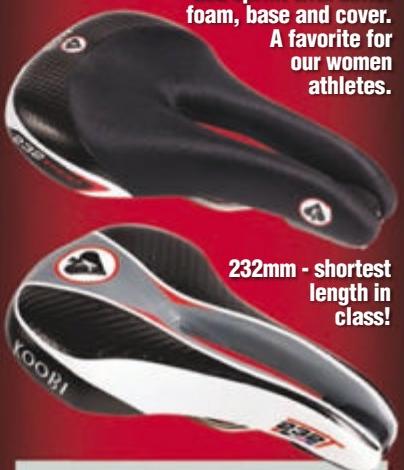
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RED SNAPPER WITH HARICOTS VERTS

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INGREDIENTS

For pomegranate sauce

- 1 cup smooth Dijon mustard
- 1 cup extra virgin olive oil
- ½ cup wine vinegar
- 1 cup pomegranate seeds

For snapper

- 5 7-ounce filets red snapper, scaled with skin
- ½ T butter
- 1 cup cauliflower florets
- 4 cups haricots verts (or other green beans)
- ¼ cup shallots, diced
- ¼ cup almonds, crushed or sliced
- ¼ cup Castelvetrano olives (an Italian green variety), sliced and pitted
- Parsley or chervil
- Salt and pepper, to taste
- Olive oil

DIRECTIONS

To make the pomegranate sauce, combine Dijon mustard and vinegar in a food processor. While running, slowly pour in the olive oil. Once fully incorporated and creamy, place in a separate bowl and fold in the pomegranate seeds. To prepare the snapper, first toss the cauliflower and almonds in 1 tablespoon olive oil and place in a covered baking dish. Bake at 350 degrees F for 5 minutes. Remove from the oven and allow to cool. Meanwhile, prepare a sauté pan with 1 tablespoon olive oil. Place over high heat, then place the fish in, skin side down. Add butter as the filets cook. Once the skin is brown, flip the fish and lower the heat. Continue to cook until done. Remove the filets and set aside. Wipe out the sauté pan, and add 1 tablespoon olive oil along with shallots, cooking until they are tender. Add haricots verts until cooked. Add the reserved cauliflower and cook until warmed. To plate, place the pomegranate sauce on the plate, then add vegetables and layer with filets of snapper. Garnish with olives, fresh herbs and pepper.

**notes
FROM THE ATHLETE**
Restaurant owner and triathlete Steven Kristel likes to eat this dish the night before a sprint- or Olympic-distance race. "It's light and nourishing, which is best for short races," he says. "I function best with protein and vegetables, with a few carbs thrown in." The recipe was written by chef Alex Pirani of Bo's Kitchen and Bar Room, a restaurant Kristel co-owns, in Manhattan.



MEET THE TRIATHLETE-RESTAURATEUR

New Yorker Steven Kristel hadn't been planning to go into the restaurant business after a successful 30-year career in manufacturing. But when his daughter went to culinary school, he was looking for a change of pace. So he teamed up with relative and experienced chef Todd Mitgang to open South Edison, a restaurant featuring local seafood and seasonal produce, in the beach town of Montauk, N.Y. "At the time, it was a very sleepy town, and in need of a restaurant—or two or three," Long Island resident Kristel says. Success at South Edison led to the pair opening a second restaurant, Bo's Kitchen and Bar Room, serving New Orleans-inspired cuisine, in Manhattan. Co-owning two restaurants allows Kristel, who's been racing triathlon for more than 10 years, to spend his mornings training before going into the restaurant. Triathlon has become a family affair: He started racing tris because his wife did, and now his daughter competes as well. Bo's serves as the packet pick-up location for city dwellers racing the Montauk Triathlon, and it's also an official sponsor of the local Tobay Triathlon. Now in his 60s, Kristel sticks to sprint- and Olympic-distance races. "At this point, the goal is just to stay fit," he says, "and the races are a reason to train." —BETHANY LEACH MAVIS

■ ARE YOU A TRIATHLETE WHO'S ALSO A CHEF? EMAIL FUEL@COMPETITORGROUP.COM AND YOU COULD BE FEATURED ON THIS PAGE.




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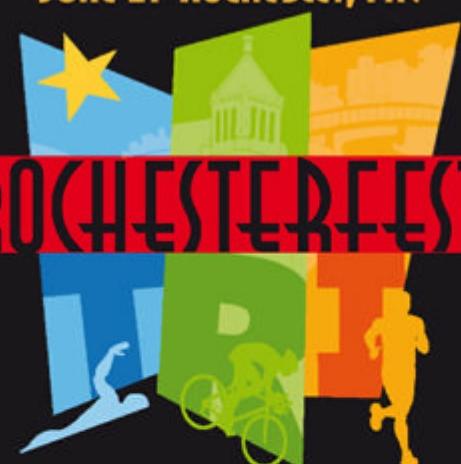


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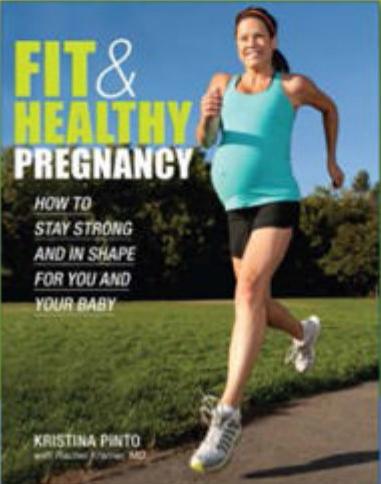
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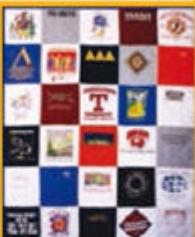
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To honor 6-year-old budding triathlete Chase Kowalski, who was tragically killed in the Sandy Hook Elementary School shootings, **95 children in three Connecticut locations participated in a "Race4Chase" kids six-week triathlon program** that culminated with a race. Next year will expand to 11 cities. Race4chase.com

A recent New York Times article highlighted **the trend of older people (aged 60-plus) getting into triathlon:** "A lot of the older generation are able to be very competitive because of their work ethic," said Kris Swarthout, of USA Triathlon. "They just don't quit."

Five American women were in the top 10 at the opening World Triathlon Series race in Abu Dhabi. Can we get a few more Olympic spots for the females, please?



JANOS SCHMIDT / TRIATHLON.ORG (X2); COURTESY THE KOWALSKI FAMILY; DELLY CARR; JENE SHAW; TWITTER.COM/PRATIPRATIRRATT

SECOND

Celeb alert! Chris Pratt ("Parks and Recreation") and Chace Crawford ("Gossip Girl") competed in the sprint-distance race at Desert Tri in Palm Springs, Calif.



College triathletes got to compete alongside 2012 Olympians Jodie Stimpson (GBR) and Aileen Reid (IRL), and American ITU studs Joe Maloy, Eric Lagerstrom, Lindsey Jerdonek and others at the **University of California San Diego draft-legal Tritonman race** in February.

... Speaking of old(ish), New Zealand's **Cameron Brown, 42, extended his streak to be the oldest man to win an Ironman event**—and for the 11th timel—in New Zealand. American Meredith Kessler also showed her dominance with her fourth win in Taupo in 9:05:45.

THIRD

"Cyclists and triathletes don't hang out a lot. **We should hang out more.**" —Taylor Phinney accepting his award at Tri-Palooza for U.S. Cycling Performance of the Year



Added to our race-cation list: the new Ironman 70.3 Ecuador.



Perhaps finally recognizing they are the preferred on-course beverage for most long-course athletes, **Coca-Cola now sponsors a triathlon team** (Team Bravo) which includes pros Tim Don, Rachel Joyce and Paul Matthews.

PENALTY TENT

Things aren't looking good for non-drafting Olympic-distance pro triathletes: The latest decline in prize purse dollars comes from Life Time, who axed pro money from its race series (except for the New York City Triathlon). This was announced on the heels of the removal of the \$500,000 prize purse at the Hy-Vee Triathlon.

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